

Is Your Child Approaching Overload?

Teen Mental Health



Wednesday, Dec. 8
6:00pm - 7:00pm



Registration Link:

[https://us02web.zoom.us/webinar/register/
WN_ygHglp7nTbGC3SDAjNuTWg](https://us02web.zoom.us/webinar/register/WN_ygHglp7nTbGC3SDAjNuTWg)

Parents only – content not suitable for children.

Join us for our upcoming parent presentation with notMYkid to gain critical information on teen mental health.

- Understanding influences of mental health
- Warning signs of stress, anxiety, and depression
- How to talk about it with family and loved ones

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