

Mark your calendar!
Monday May 20 7:30 pm
UMMS Middle School
Auditorium



- Who – Speaker Kristen Harootunian will share her personal story about her struggles with mental health issues, trauma, and substance abuse, as well as her journey to recovery. Clinical Director Sheila Gillin, LSCW, will also be on hand to provide more in-depth mental health education for parents.
 - What – “Just Talk About It” from Minding Your Mind is an interactive parent presentation that teaches parents how to recognize the signs of stress, anxiety, depression, and crisis. The program will also explain how to utilize positive coping skills, and how to ask for help. A companion student program will be held for middle school students on May 23rd.
 - Why – One in four teens will experience a mental health issue, yet less than 20% will seek treatment. Suicide is the 2nd leading cause of death of young people aged 14 to 23.
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Please make every effort to attend this important event!