

Mental Wellness:

What Families Need To Know



November 12, 2009
Educational Sessions 6-8 pm
Johnson High School
23203 Bulverde Rd
Cafeteria/Science Wing
Dinner provided and served from 5-6:15 pm

*Community
Resources*

Four Parent Educational Sessions

20 minute sessions

- Awareness and Prevalence
- Tools and Resources available
- Education Curriculum
 - 'Typical or Troubled Teen'
 - 'Incredible Years'
- Topics covered: Depression and Anxiety, Eating Disorders, Addictive Behavior, and Limit Testing Behavior

Session times start at 6pm
and begin every 25 minutes

Physicians



*STAN
Counselors*

*School
Nurses*

Toddler
childcare
available
for parents
attending
sessions

For Further Information contact
Special Education Department, Guidance Services or Health Services
804-7200 804-7139 804-7147

