

Tips & resources  
for adults to better  
support youth  
mental health



let's  
**talk**  
student wellness series

Let's Talk About

**These  
Anxious  
Feelings**

**Join us on Zoom!**

**Every 3rd Thursday of the month**

Open to educators, service providers,  
parents, caregivers and community



**February 15, 2024**

4:00 pm - 5:00 pm

**Learn about the physical and  
emotional symptoms of anxiety.**

Attendees will identify potential anxiety triggers and be equipped with coping skills youth can practice to manage and reduce anxiety. Attendees will also learn how to make stress balls with household items.



**Register for free**

Scan the QR code or visit the link below  
to sign-up for upcoming workshops!

[bit.ly/TCMH-lets-talk](https://bit.ly/TCMH-lets-talk)

**For more information**

**Mental Health Student Services Act Grant**

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**HOPE. WELLNESS. COMMUNITY.**  
Let's find it together.

Visit [tricitymhs.org](https://tricitymhs.org) and follow us @tricitymhs



Funded by the Mental Health Student Services Act (MHSSA) to expand school mental health services for children, youth, young adults and their families