

Open to educators,
service providers,
parents, caregivers
and general
public



let's talk

student wellness series

FREE WEBINAR SERIES

Join us on Zoom on the 3rd Thursday of each month for valuable tips and resources on how adults can better support youth mental health.

Let's Talk **Knocking Down Barriers to Mental Health**

March 23, 2023
4:00 pm - 4:30 pm

Learn about barriers to accessing mental health support, early signs of unmet mental health needs in youth, common myths and stigma associated with mental health. Attendees will identify ways to support youth with seeking support and to reduce shame of reaching out for help.

Let's Talk **These Anxious Feelings**

April 20, 2023
4:00 pm - 4:30 pm

Learn about the physical and emotional symptoms of anxiety. Attendees will identify potential anxiety triggers and learn coping skills youth can practice to manage and reduce anxiety. Attendees will also learn how to make stress balls with household items.



Zoom Registration

Scan the QR code or visit the link below:

bit.ly/3Lmq9Y2

For more information

Elizabeth Aguilar-Godinez, LMFT
Clinical Supervisor I
Mental Health Student Services Act (MHSSA) Grant
eaguilar@tricitymhs.org | (909) 766-7367