



Join us for a free webinar presentation to talk about youth mental health, and how families and caregivers can support teens through mental health conditions or challenges.

WHAT TO EXPECT:

- Information about mental health and symptoms of mental health conditions
- Information about navigating mental health challenges and crises with youth
- Personal testimonies from fellow parents and young adults
- Resources for families and teens
- Honest, nonjudgmental conversation in a safe space

FREE WEBINAR SERIES FOR FAMILIES IN ATLANTIC, CAPE MAY, CUMBERLAND, HUNTERDON, SALEM, SUSSEX, & WARREN COUNTIES

Every Last Tuesday of the Month
12pm-1:30pm
Virtual over Zoom

REGISTER:
tinyurl.com/y2dju6fz

