

SUPPORTING MENTAL HEALTH IN HIGH SCHOOL

STORIES OVER STIGMA



Sunday, January 22, 5:00 - 6:30 pm, in the Parish Hall
Register at calvarysummit.org

Calvary is proud to feature **Minding Your Mind**, which produces programs for youth and their caregivers to raise mental health awareness, reduce the stigma often associated with seeking help, and increase use of healthy coping skills.

High school students are invited to hear a story of hope and recovery from a young adult speaker who has successfully and productively coped with their own mental health challenges. Food and de-stress tools will be provided.

Parents and caregivers are invited to join a corresponding Zoom program led by a licensed counselor on Tuesday, January 24, from 7:00 - 8:30 pm to learn about the signs and symptoms of mental health challenges among teenagers and how you can be a support.

**WE ARE ABLE TO PROVIDE THIS EVENT FREE OF CHARGE,
THANKS TO THE KIMBERLY ANNE WILSON FOUNDATION.**