CRLS Parent Workshop

JUST TALK ABOUT IT

Thursday, April 26 | 6-8PM

Location: CCRC at CRLS
(Room 1501, 1st floor near Media Cafe)

This interactive presentation is an introduction to mental health and is designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis. Participants will discuss ways to assist students to cultivate positive coping skills and the ability to ask for help.

Co-Sponsored by Cambridge Public Health Department

Questions? Contact Greta Hardina, CRLS Family Liaison: ghardina@cpsd.us