



Proactive Steps to Address Anxiety & Depression

Presenters:

LORI PHELAN, MSW, LCSW

CHRISTINA JELLY, SAGE THRIVE DIRECTOR

DATE: Tuesday, November 19, 2019

TIME: 7:00 P.M.

LOCATION: MLHS, Media Center

Do you have a student or child who is school avoidant? Irritable? Work avoidant? Are they always going to the counselor or nurse's office? Have you run out of ideas? Are you worried about how life's stressors impact your child?

Lori Phelan, MSW, LCSW and Christina Jelly, Sage Thrive Director will be hosting a presentation to answer those challenging questions. Attendees will be provided with a deeper understanding of the signs, symptoms, and trends related to anxiety and depression, how these disorders can manifest in our children and provide parents with the resources and tools to better support our youth.

**Please R.S.V.P. by November 18, 2019 to
rdunn@mlschools.org**