

Scripps Ranch High School in association with the SRHS Foundation Present:

What I Wish My Parents Knew



- Mental Health & Wellness Resource Fair
- Breakout presentations addressing topics such as:
 - Coping skills for depression & anxiety
 - Drug & alcohol use in teens
 - Healthy relationships & bullying
 - Perfectionism & self-harm
 - Pressures of social media



RSVP to attend the event at <https://tinyurl.com/qqht6jj> or scan the QR code

Food and Drinks Available for Purchase Provided by Flippin Pizza