

HERE 2 HELP

Mental Health Coalition

Fanwood · Scotch Plains · Westfield

Talking to your Teen About Stress: How Parents can Restore Calm

Like adults, adolescents may experience anxiety as a normal reaction to stress. But how can you tell if the anxiety your child is experiencing is outside the “norm?” Learn how to spot the signs (which may be subtle), how you can help your adolescent and when you should seek professional help. Signs of anxiety can include: emotional changes, social changes, physical changes, sleep disturbance, changes in school performance, and/or panic attacks.

Date: Wednesday, February 20

Time: 6:30-7:45pm

Location: Scotch Plains Public Library
1927 Bartle Ave.

Presenters: Debra Ferro, MFT & Lidia Abrams, PhD
Resolve Community Counseling Center
& Breanna Willard
Dhammakaya International Meditation Center

Pre-registration is preferred:

<https://www.eventbrite.com/o/here-2-help-mental-health-forums-18328722191>

www.here2helpnj.org  [here2help](https://www.facebook.com/here2help)

Here 2 Help is a coalition of community organizations and concerned individuals with a mission of improving community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.