

Mental Health for Parents and Caregivers

11/01/18

Wood River High School
Auditorium
7pm

Please join us for a free presentation on Mental Health for parents and caregivers. We all know that kids today face many obstacles. One of the major obstacles is the rising mental health crisis that affects 1:5 people and onset frequently starts in adolescence.

Becca Moore is a provisionally licensed clinical mental health counselor for the Wood River School District. She is a Nationally Certified Counselor as well as a Certified Clinical Mental Health Counselor. She will be presenting on topics such as:

- * Brain development
- * Signs and symptoms of mental health across age span
- * Anxiety
- * Depression
- * Suicide
- * Self Harm
- * How to talk to your kids
- * Mental health treatment and prevention
- * Community resources
- * And more!

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