Society for the Prevention of Teen Suicide and the Tri County Care Management Organization Present a Children's Mental Health Awareness Month Event:

**Raising Resilient Teens in Challenging Times**

Wednesday, May 22\(^{nd}\), 2019
6:30pm-8:30pm
Registration, refreshments and resources available at 6:30pm

*Presentation begins 7:00pm*
Raritan Valley Community College
The College Center Atrium
118 Lamington Road, Branchburg, NJ 08876

This parent presentation focuses on building strength and resilience in our children and teens with emphasis on the following:

- How to talk to your teens about difficult topics
- Empowering parents & guardians through education and awareness
- Understanding warning signs & risk factors
- Cultivating an independent and resilient mindset in your child
- Data & statistics
- Local resources

All attendees will be entered to win a Visa Gift Card sponsored by Tri County Care Management Organization!

RSVP encouraged at: [https://tinyurl.com/RaisingResilientTeens](https://tinyurl.com/RaisingResilientTeens)

If your organization is interested in hosting a resource table at this event, please note in your RSVP by May 15\(^{th}\).

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