



MAY 2018
MENTAL HEALTH AWARENESS MONTH



EMPOWERING YOUR CHILD:

Whether in school or home for the summer, children and teens face dozens of dangers and negative forces that impact their happiness and success.

Join licensed clinical social worker, Jessica Omer (a Henefer native and North Summit graduate) to learn ways parents can help their children avoid or overcome issues such as bullying, social media anxiety, drug and alcohol use, depression, and more. Families will leave this discussion with a better understanding of the challenges our youth face and ways to begin conversation with their kids. A free, catered dinner will be provided to all attendees from Denise's Home Plate.

MAY 15 | 6:30 pm

North Summit
High School Library

FREE Dinner
Parents & Kids (12 and up)

Sponsored by *CONNECT Summit County* with support from



Throughout national Mental Health Awareness Month in May, **CONNECT** brings to Summit County more than 20 free community education panels, talks, and films about mental health and mental illness. For more information about this and other programs, please visit ConnectSummitCounty.org or facebook.com/ConnectSummitCounty.