



IN PERSON PRESENTATION

A Parent/Caregiver Guide to Helping Your Teen Manage Stress

TUESDAY

January 7, 2025

7:00–8:00pm

LIBRARY OF THE CHATHAMS
214 Main Street, Chatham, NJ

Registration

CLICK BUTTON OR SCAN CODE



REGISTER



Let's Talk About

- ✓ Difference between Mental Health & Mental Illness
- ✓ Understanding Stress Vs. Anxiety
- ✓ Identify common stressors of teens
- ✓ Tools and Resources

973-334-4052

NJ4S@mhainspire.org

www.mhainspire.org/nj4s

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Our Team

PREVENTION CONSULTANTS

Nairobi Vasquez & Taisha Mathieu