

## INTRODUCTION TO MENTAL HEALTH ISSUES IN YOUTH:

Unpacking the Puzzle,  
Understanding Youth Mental Health



Begin the journey with a foundational look into what mental health means for children and adolescents. Learn to recognize early warning signs, bust common myths, and understand how developmental stages impact emotional well-being.

**TUESDAY,  
OCTOBER 21,**  
— 2 0 2 5 —

**6:00PM–7:00PM**

**CLICK HERE TO JOIN**

