

UNDERSTANDING AND MANAGING ANXIETY AND DEPRESSION IN YOUTH

Breaking the Silence:
Helping Kids Cope with
Anxiety & Depression



Gain insight into the symptoms, causes, and impacts of anxiety and depression in youth. This session will offer tools for recognizing when a child needs professional help and provides guidance on how to respond with compassion and action.

**TUESDAY,
DECEMBER 16,**
— 2 0 2 5 —

6:00PM–7:00PM

CLICK HERE TO JOIN

