



Stress and Mental Health in Teenagers: When to be Concerned, Signs to Watch For and How to Talk to Your Teenager

The Forest Hill Collegiate Institute School Council
invites Parents and Guardians to attend a presentation by
Mental Health Educator for CMHA—Toronto
Rebecca Higgins

Youth mental health challenges are top of mind for parents as many teenagers struggle with anxiety, depression and suicide.

Join us for this important presentation covering:

- Signs of stress in teenagers
- What anxiety and depression look like
- How to talk to your teenager about their mental health
- How to discuss suicide

Forest Hill Collegiate Institute
730 Eglinton Avenue West

Wednesday, April 25, 2018
7:00 pm — 8:30 pm

Please RSVP by April 18, 2018 to fhschoolcouncil@gmail.com
No fee to attend. Refreshments will be served starting at 6:30pm.

