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MENTAL HEALTH MATTERS!

"How to talk to your kids about BIG feelings"

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IT'S OKAY NOT TO BE OKAY.

Know where to turn when your child is in need. Lean on mental health supports when you need to. Help your child with positive coping skills and emotional wellness.



**Presenter: Beth Young, LCSW, Child & Adolescent Clinician,
Atlantic Behavioral Health**

This program will be held virtually.

**TUESDAY, MAY 24, 2022
6:30 PM - 7:30 PM**

REGISTER AT:
<https://tinyurl.com/49eyvcsv>

**WEDNESDAY MAY 25, 2022
12:00 PM - 1:00 PM**

REGISTER AT:
<https://tinyurl.com/2p9yk48u>
