



**SHINE A LIGHT ON YOUTH DEPRESSION WITH
FAMILY-SCHOOL
COMMUNITY
CONVERSATION**

Wednesday, April 21st 6:00pm - 7:30pm

A WORKSHOP FOR PARENTS AND GUARDIANS TO

-HELP IDENTIFY SYMPTOMS/RISK FACTORS OF YOUTH DEPRESSION

-LEARN STEPS TO TAKE IF YOU ARE CONCERNED ABOUT A CHILD

-LEARN COMMUNITY RESOURCES TO HELP SUPPORT YOUR CHILD'S MENTAL HEALTH

[PLEASE REGISTER HERE](#)

Questions? Please contact virginiab@sutter.k12.ca.us