

White River School District Presents

# Parent Mental Health Awareness Night

Thursday December 7, 2017 from 5:30–7pm  
Glacier Middle School Library

Join us and learn about:

- What is normal for your preteen/teen emotionally and cognitively during this time in their life
- Signs your student may be struggling with a mental health issue and ways to help them
- How to support your student with common challenges, like friendship problems
- Local mental health resources in the area and how to get connected
- Questions and open discussion are encouraged!

This is a free public event, parents from all school districts are welcome!



Questions about  
this event?

Contact WRSD  
Lead Mental  
Health Therapist  
Stephanie Dann

(253) 880 – 2005