

Teens, Tweens, and Quarantines

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A Virtual Forum for
Parents and Caregivers

Tues.,
April 28
4:00pm

Learn about the impact of COVID-19 on youth mental health and what parents and caregivers can do to provide support. Discuss practical approaches to parenting, the signs of stress, anxiety, and depression, and how we can help our youth navigate home, family, friends, and school.



Presented by Jon Mattleman from Minding Your Mind with support from Kristal Cleaver, Director of Community Education from Clinical & Support Options.

Questions? Email:
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To Register:

www.mindingyourmind.org/TTQ-SPIFFY



South Hadley
Drug & Alcohol
Prevention Coalition



Sponsored by the
SPIFFY Coalition in
collaboration with area
prevention coalitions
and the Northwestern
District Attorney's
office.