

ENDING THE SILENCE



**September 19th at 6PM
For Middle and High School Students and Their Families**

Anxious about returning to school?

Stressed out over tests and grades?

Trying to balance homework with activities?

Feeling depressed, withdrawn, or just want to be by yourself?

You are not alone.

Join us to learn how to provide the support youth need but might be too nervous to ask for!

Ending the Silence will raise awareness and change perceptions about mental health conditions. Parents and youth will:

- *Learn about warning signs, gain insight into some of the issues youths are confronting*
- *Hear from a youth who has experienced mental health issues and benefit from understanding the challenges they encountered, including what hurt and what helped.*

Event Address: Conshohocken United Methodist Church 20 W. 6th Avenue, Conshohocken, PA

Doors Open at 6PM for pizza and conversation/fellowship. Program begins at 6:30PM.

There will be an initial combined presentation for Youth and Parents followed by separate "peer" group presentations and activities.

Register for this FREE Event: <https://forms.gle/wQ4qsvhBxeRjZi4w8>

Questions? *Contact us at (610) 828 1250 or youthconnection@conshyunited.com*

Program Designed and Facilitated by:

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Program Sponsored by:

Youth Connection* Conshy United Methodist

Conshohocken Plymouth Whitemarsh Rotary

National Alliance on Mental Illness (NAMI) Montgomery County PA

**Youth Connection is an all-inclusive, non-faith-based group, promoting positive mental health for middle & high school students. We offer free activities using varied mediums addressing topics of interest and concern to youth with the aim of developing tools and strategies to deal with challenges positively. Find out more: [Youth Connection - Conshohocken UMC \(conshyunited.com\)](http://Youth Connection - Conshohocken UMC (conshyunited.com))*

