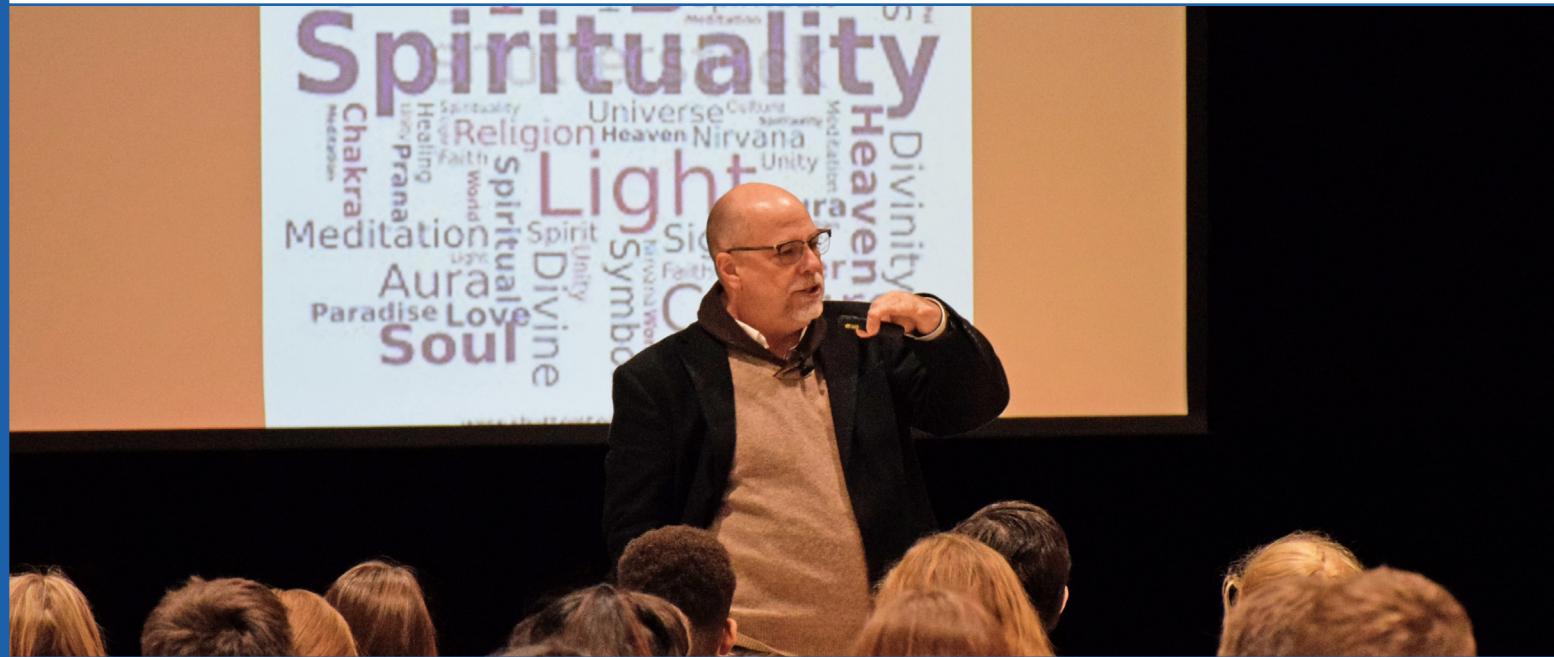




# “Understanding Teen Anxiety and Depression” with Dr. Jay Glynn Monday, November 11, 6:30 p.m. Frassati Catholic High School, Assembly Hall



Join us Monday, November 11, at 6:30 p.m. as the Frassati Family Association presents Dr. Jay Glynn in the first engagement of the 2019-2020 Lecture Series. Dr. Glynn, an expert in psychology, will speak on topics of teen anxiety and depression and provide tools, strategies, and advice for parents.

One of the core elements of a Catholic education is the critical transmission of culture in the light of faith. In a time where our teens are overtired, overstressed, and overstimulated, mental and spiritual health are crucial to proper formation. The Frassati Family Association is proud to welcome Dr. Glynn and provide our community with a trusted resource on these topics.

## About Dr. Jay Glynn:

Dr . Jay Glynn is a school psychologist who works with adults, adolescents, and children. He has worked for the Cy-Fair and Fort Bend school districts, and currently works at The Kinkaid School. He has also taught psychology for the University of Houston as an adjunct professor. He is a certified spiritual director, trained through the Spiritual Direction Institute at the Cenacle in Houston, and is on staff with Gratia Plena Counseling, a local Catholic counseling service. Dr. Jay is originally from New Orleans, and he and his wife are parishioners at St. Laurence Catholic Church in Sugar Land.