



# ANXIETY & DEPRESSION IN YOUTH

We all deal with stress and anxiety, youth included, but sometimes it gets in the way of our healthy, everyday living. Anxiety and depression are the most common mental health problem for kids and teens. Parents with anxious or depressed youth often struggle to know how to help or where to find resources.

Come join us for this free workshop where we will discuss the following:

- ~what are anxiety and depression~
- ~the signs of anxiety and depression in youth~
- ~parenting strategies that can help~
- ~available resources and where to get professional help~

## WORKSHOP LOCATIONS & DATES

Ione Family Resource Center  
Contact (209) 257-1980 x 103 for location  
February 26, 2019  
2:00pm – 4:00pm

Upcountry Community Center  
19386 Hwy 88, Pine Grove  
February 27, 2019  
12:30pm – 2:30pm

Camanche Lake Community Center  
4240 Camanche Pkwy N., Ione  
February 28, 2019  
12:00pm – 2:00pm

*Workshop provided by Carla Fry M.S., P.P.S.C.*

PLEASE CALL TO RSVP. PLEASE LET US KNOW IN ADVANCE IF YOU WILL NEED CHILD CARE.  
(209) 257-1980 X 103

PARA INFORMACIÓN EN ESPAÑOL, POR FAVOR LLAME AL (209) 257-1980 X 104.

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