



EAT • CHAT • PARENT

BEHAVIORAL HEALTH SERIES @home



**MOUNTAIN
YOUTH**
STRONGER TOGETHER



BREAK FREE

FROM STRESS

Join Alex Yannacone via Zoom for an interactive virtual talk focused on stress.

Learn how to recognize and reduce stress to create healthy life habits. You will walk away with practical tips and tools to manage stress and change unhealthy habits.



GUEST SPEAKER:

**ALEX
YANNAZONE**

*Education Director at the Johnson Depression
Center at the University of Colorado*

Alex Yannacone has an extensive background in implementation and trainings for prevention and intervention of mental health services and education. She is also a master trainer in suicide prevention training and is a board member for the Suicide Prevention Coalition of Colorado.

Tuesday, October 6

📺 ZOOM VIRTUAL MEETING

6:00PM – 7:30PM | FREE

- For adults with children of all ages
- Spanish subtitles will accompany the presentation



SCAN QR CODE TO REGISTER

Or visit mountainyouth.org/eatchatparent

QUESTIONS:

Amy Baker | abaker@mountainyouth.org

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