



# Keeping you mentally fit: How to manage stress in High School

Save the date for October 20th , 2016  
Dublin High School Student Union  
8151 Village Parkway, Dublin, CA 94568

## Agenda:

**6:30-7:00 Guest Speaker George Papageorge**

**7:00-8:00 Breakout sessions**

**AXIS Community Health**

Adolescent Drug and Alcohol Prevention: What Parents Need to Know

**Alameda Crisis Support**

Adolescent Suicide Warning Signs: What Parents Need To Know

**Dublin High School Health Teachers**

Supporting Students Experiencing Anxiety and Stress

**For additional information: Dublin Unified School District, 925 828-2551**

**Brett Nelson, Principal/Wellness Liaison, ext. 5801, [nelsonbrett@dublinusd.org](mailto:nelsonbrett@dublinusd.org)  
Tess Johnson, Director of Student Services, ext. 8035, [johnsontess@dublusd.org](mailto:johnsontess@dublusd.org)**