



NAMI & WEST HIGH SCHOOL
PRESENT

IS YOUR TEEN STRUGGLING WITH ANXIETY AND/OR DEPRESSION?

*Join us for our Family Support Night!
Learn more about mental health and build
community with parents through shared
experience. Please encourage your high schooler
to join with you as we discuss concerns related to
mental health and wellbeing.*

ENGLISH SPEAKING FAMILIES
WHEN: FEBRUARY 8TH 6-7PM
WHERE: ZOOM LINK- TO BE
INCLUDED IN PARENT EMAIL

SPANISH SPEAKING FAMILIES
WHEN: FEBRUARY 15TH 6-7PM
WHERE: ZOOM LINK - TO BE
INCLUDED IN PARENT EMAIL

