Teen Stress & Anxiety: How Worried do Parents Need to Be?

Wednesday, Nov. 1st
12:10 - 1:00pm CST

This program will examine the current state of teen mental health and decipher for parents what is normal teen stress vs when professional help maybe needed. Parents want to say the right thing when their child talks about their stresses, but sometimes it is hard to find the words. This will give parents scripts and strategies to talk about these tricky topics. Christy Perez, a licensed clinical counselor, will be available to answer any of those hard questions parents may have.

Christine D. Perez, EdS, LCPC
Licensed Clinical Professional Counselor
Director of Crisis Services Crawford County Mental Health Center

Erin Tynon
Family Consumer Science Agent
Pottawatomie County KSRE
MS in Family Life Education & Counseling

Register online at bit.ly/LWWFall23 or by scanning the QR Code