

PARENTS CONNECT!

Support for You · Support for your Teen



VILLAGE : NAPA

Is your teen under too much stress; struggling with depression; displaying risky behavior?

Join us for a speaker event and discussion, as we open the conversation about how to support your child during these stressful and emotional years.

Speaker: Vicki Hoefle, parent educator and author
Vicki will discuss...

Thursday, September 29, 6:30-8:30pm
New Tech High Cyber Cafe

A donation of \$10 is suggested.
Please visit (link) to register.
Event is limited to 100 people.

Village: Napa is a group of local educators, mental health professionals and parents creating a community of support for teen mental health.

For more information about this event and future events, please visit www.aldeainc.org

TEENS CONNECT!

Manage Your Stress & Anxiety



VILLAGE : NAPA

Do you have anxiety; Depression; Feel like the adults in your life don't understand you?

The high level of stress among teenagers today is a national epidemic. It doesn't have to be this hard. We want to hear from you so we can help you.

Please join us on:

**Thursday, October 13, 6:30-8:30pm
New Tech High Cyber Cafe**

Hear from college-age students who struggled through high school, and figured out how to ease their stress and depression.

Discuss what makes you anxious in a safe environment

Bring your friends! Snacks will be provided.

For more information about this event and future events, please check out our TWITTER?? page