

13 REASONS Why Not:

A Parent Resource Night for Mental Wellness & Suicide Awareness

Wednesday, March 28, 2018

5:30 p.m. - Dinner & Community Resources

6 - 7:15 p.m. - Panel Speakers & Discussion

7:15 - 7:45 p.m. - Community Resources

Vestal High School Auditorium • 205 Woodlawn Drive, Vestal



The mini-series “13 Reasons Why” has prompted conversations nationally about how to support tweens and teens as they navigate their increasingly complicated lives and try to find emotional stability. How do we promote and support our children’s mental wellness and help them maintain a healthy balance? If our children are struggling, how do we have productive conversations? And, where can we get support for them and ourselves?

This evening will include a panel of experts offering a conversation to address these questions and more. Community resources to promote mental wellness and to support those who may be struggling with depression or anxiety, or who may be at risk for suicide, will be available before and after the presentation.

*The goal of this evening is to **promote wellness and resiliency**, as well as provide education on how to support anyone who may be struggling with the challenges associated with mental illness or thoughts of suicide.*

If you plan to attend dinner or need Free Child Care,
please RSVP by March 23 at 607-757-2281 or online at:
<http://www.vestal.stier.org/MentalWellnessNight.aspx>

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