



Northwest Family Services Presents:

## **Understanding Teen Behavior and Mental Health**



**Thursday, February 23, 6:00-8:00 PM**

**Reynolds High School**

**1698 SW Cherry Park Rd, Troutdale, OR 97060**

A workshop to help parents understand mental health symptoms in teens, including:

- Signs and symptoms of depression
- Drug and alcohol use
- Bullying
- When to seek assistance
- How to talk to your teen about these issues

**Parents who attend workshop will be entered in a drawing to win a \$25 gift card**

**For more information, please contact Courtney May at (503) 667-3186 x 1051**

**or Kim Harvey-Trigoso at (503) 358-7783 or**

**[kharvey-trigoso@nwfs.org](mailto:kharvey-trigoso@nwfs.org)**

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