

2015-16 COMMUNITY CONVERSATIONS are presented by ARCH

A DISCUSSION ABOUT STRESS, ANXIETY, AND SUBSTANCE ABUSE

# Just Talk About It

BREAKING THE SILENCE THROUGH EDUCATION

**Thursday – December 10, 2015**

**7:00 pm – 9:00 pm**

Conestoga High School, 200 Irish Road, Berwyn, PA

ARCH, along with Conestoga High School, invites parents and teens to join *Minding Your Mind* in a discussion on mental health education. Topics addressed will include anxiety, depression, self-harm, substance abuse, and the difference between positive and negative coping mechanisms.

- Facilitated by Sheila Gillin, LCSW, Clinical Director for *Minding Your Mind*
- Featuring *Minding Your Mind* speakers, Carl Antisell & Jackie Ricciardi
- Conestoga Mental Health Specialists will be available to discuss support systems in place



[Minding Your Mind](#) is a not-for-profit organization whose primary objective is to provide mental health education to adolescents, teens, and young adults, as well as parents, teachers, and school administrators. Our goal is to break the silence and to reduce the stigma and destructive behaviors often associated with mental health issues. We strive to move away from crisis-based response to prevention through education.

All Conestoga juniors and seniors will attend this presentation in an assembly on December 10 during the school day.

The evening presentation is open to all parents. You are welcome to bring teens who are interested (but will not have seen the assembly).

ARCH is a 501(3)(c) coalition of parents, educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD). [www.archcares.org](http://www.archcares.org). United Way #03901

