



JUST TALK ABOUT IT

A Discussion About Stress, Anxiety, Depression and Bullying

Sunday, October 4th 2015

6:00 PM-8:00 PM

Wayne Presbyterian Church

Join Minding Your Mind in a discussion for parents on mental health education. Topics addressed will include anxiety, depression, bullying, self-harm, 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, Drew Bergman & Jackie Ricciardi



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.

**For more information please contact Andrew Hostetter,
Youth Director at Wayne Presbyterian Church
125 E. Lancaster Avenue, Wayne, PA 19087**

610-688-8700 X235 ahostetter@waynepres.org

“Breaking the silence through education.”