

# Mental Health Awareness Series

Please join us for a four-part series for parents and families  
Presented by providers from Geisinger's Psychology Department  
All sessions will be held in the High School Auditorium at 7pm with  
the exception of April 30<sup>th</sup> which will be held in the High School  
Media Center.



## Dates and Topics

- **March 27th:** How to talk with kids about Mental Health; local resources and common treatment options
- **April 11th:** Anxiety and Stress Management
- **April 30th:** Depression and Self-Harm
- **May 21st:** ADHD diagnosis and treatment options