



13 Reasons Why NOT:

A Parent Resource Night for Mental Health & Suicide

Wednesday, March 28, 2018

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

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

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

Vestal High School Auditorium • 205 Woodlawn Drive, Vestal
Free dinner and free child care will be available*

The mini-series “13 Reasons Why” has prompted conversations about how to support tweens and teens as they navigate their increasingly complicated lives and try to find emotional stability. How do we 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 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.

Event Sponsors: B.C. Safe, the Mental Health Association of the Southern Tier, the Vestal District Council and the Vestal Central School District.

***PLEASE RSVP:** If you plan to attend the 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>.



School counselors from the Chenango Forks Central School District will have a visitor table at the event and will be available for conversation during the Community Resources discussion times.