

City of Glendale's Community Services & Parks Department's Youth & Family Services Section, NAMI Glendale, Glendale Unified School District, Didi Hirsch Glendale, and Glendale Library, Arts & Culture Present:

TEEN WELLNESS NIGHT!



FRIDAY, MARCH 8, 2024
5:00 PM – 9:00 PM

Pacific Community Center

501 S. Pacific Ave., Glendale, CA 91204

NAMI GLENDALE: Ending the Silence in a free, evidence-based, 50-minute presentation for teens focused on:

- **EARLY WARNING SIGNS OF MENTAL HEALTH CONDITIONS**
- **STEPS TO GET TREATMENT AND COPING STRATEGIES**
- **HOW TO HELP A FRIEND**

GLENDALE UNIFIED'S STUDENT WELLNESS DEPARTMENT:

GUSD will be hosting a workshop on Self Care.

DIDI HIRSCH GLENDALE: Didi Hirsch will be hosting a Wellness workshop along with an anxiety reducing activity!

Dinner and resources will be provided.



**Community Services
& Parks**



An Affiliate of Greater Los Angeles County



Please scan this QR code to register



Հայերեն տեղեկությունների համար
գանգահարել (818) 937-7247.

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