

Healthy Mind Presentation by NAMI Sponsored by PTSA/PTA

Presentation dates:

- Lakeside Middle School & Woodbridge High School Mar.9th
7:00 pm - at WHS Theater
 - Northwood High School Mar. 23rd, 7:00 pm at Media Center
 - Portola High School May 18th 4:00pm at Theater
- (Presentations are open to all parents and students)
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This program helps to better understand the signs and symptoms of emotional and behavioral difficulties and the early warning signs in children and adolescents. It presents the perspective of this issues from a youth's point of view and discusses how to best address emotional and behavioral related concerns.

Presentation includes the following topics:

- **Welcome and Introductions** – an educational professional will introduce various emotional and behavioral topics, including a personal narrative of experiences by the family.
- **Early Warning Signs** – a facilitator will walk through the early warning signs of emotional and behavioral issues.
- **Family Response** – the predictable stages of emotional reactions among family members dealing with the challenges of emotional and behavioral issues and the experience of raising a child with related concerns.
- **Real life story** –through the sharing of a personal story, including a discussion about the positive and negative impact that their school experiences had on their life.

