



# Parent's Guide to Youth Mental Wellness and Resilience

Find us online!




This workshop will review key topics related to youth mental wellness, including warning signs and symptoms for parents to watch out for. Participants will receive information regarding what happens in the brain when young people become overwhelmed by strong emotions. Parents will leave with tools to help their children recognize and manage these emotions. Finally, class attendees will learn ways to develop resilience within their children. This event includes a resource fair.

**About the presenter:** Nancy C. Osborn, Ph.D. has been a psychologist specializing in providing therapy to youth and families for many years. In more recent years, she has been doing more training with ReDiscover employees and the public. She is certified to provide Youth Mental Health First Aid and is also interested in providing information in the area of trauma informed care.



## Parent's Guide to Youth Mental Wellness and Resilience

Lee's Summit North High School  
901 NE Douglas, Lee's Summit, MO  
Tuesday, April 3, 2018  
6:30 to 8:00 pm

Parents, teachers, coaches and others who work with youth are encouraged to attend this **free workshop**, made possible through a partnership with . Please register in advance to help us plan for the event.

To RSVP, [register online](#) at LSCares.org or return this completed form to: ReDiscover c/o Bev Hatley | 1555 NE Rice Rd. | Lee's Summit, MO 64086 (816)-347-3259

April 2018 | All Ages

\*\*\*Please register by April 2\*\*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing or email address: \_\_\_\_\_

Parent University, a program of LS CARES, is made possible through a collaborative relationship between Lee's Summit CARES, the Lee's Summit R-7 School District and ReDiscover.

