

BUILD YOUR OWN FAMILY STRESS SURVIVAL GUIDE

All families experience stress. Stress is a fact of life!
Create your plan for managing stress and
promoting your family's overall health.

**FREE EVENT FOR YOUTH (AGE 11 TO 18) AND
THEIR CAREGIVERS**



**Interact and learn
with other
families**



**Discover practical
ways to manage
stress**



**Work on
communication
skills as a family**



Family mental
health matters!



**JOIN US FOR TWO VIRTUAL SESSIONS ON
JUNE 3 AND 10 | 6 TO 8 PM**



REGISTER BY MAY 27, 2024

bit.ly/FSSG2024

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