

Adults Supporting Youth Mental Wellness



Free Virtual Community Education Class

A clinical therapist leads this free interactive series of classes covering brain development, common mental health challenges, safety planning for self-harm, suicidal thoughts and substance abuse. The emphasis is on building practical skills, hope and resilience. This series is for parents and adults who work with youth (ex: clubs, organizations, churches)

Zoom Meeting Dates:

Tuesdays, 6:00pm – 7:30pm

July 12, 19, 26 and August 2nd

Register Here:

<https://www.trhs.org/youth-mental-wellness-for-the-community/>

Class	Description
Week 1	Child and Teen Mental Health 101- Disorders, Suicide, Self-harming and Social Media.
Week 2	How adults can help kids and teens cope with distress, manage symptoms and build resiliency.
Week 3	How to talk about suicidal thoughts, self- harming behaviors and safety planning.
Week 4	How to talk to kids and teens about drug use and safety planning.



About the instructor: Jennifer Minnis, LCSW, is a school-based clinical social worker with over 8 years of delivering therapeutic care. She specializes in supporting families as they move toward improved communication, safety and wellness.



To hear more about class content or to schedule contact Jasaira Beeks
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