A HEALTHY MIND
teen mental health
A DISCUSSION WITH PARENTS

Presented by Fremont Union High School District and El Camino Hospital ASPIRE Program

Thursday, January 4, 2018
7:00 – 8:30 p.m.*
Fremont High School Shannon Theatre
1279 Sunnyvale Saratoga Road, Sunnyvale
*Doors open at 6:45 p.m. Presentations will begin promptly at 7:00 p.m.

Fremont Union High School District, in continued partnership with El Camino Hospital, presents an evening for parents designed to continue to bring awareness and education to the community on teen mental wellness.

Join us as we continue the conversation on teen mental health. Together with Dr. Glenn Teeter, PsyD, ASPIRE Program, El Camino Hospital, and Dr. Kelly Troiano, MD, Pediatrician, Palo Alto Medical Foundation, we will learn more about the signs and symptoms of mental health conditions, suicide prevention education, opportunities to communicate in a healthy way with our teens, and gain insight on how your primary care doctor can support your family. And most importantly, know when and how to reach out for help.

There will be an opportunity for Q&A.

El Camino Hospital
THE HOSPITAL OF SILICON VALLEY

Registration required. Seating is limited. Call 800-216-5556
or visit www.elcaminohospital.org/healthymindteens

Fremont Union High School District is committed to educating capable, caring, contributing citizens for life. The district, comprised of Cupertino High School, Fremont High School, Homestead High School, Lynbrook High School and Monta Vista High School, offers many different types of services for students including student advocates, school psychologists, guidance counselors and other wellness related supports.

After School Program Interventions and Resiliency Education (ASPIRE) at El Camino Hospital is designed to help youth and young adults with anxiety, depression or other symptoms related to a mental health condition. The primary goal of the program is to promote emotional wellness by taking a holistic view of the person’s life situation, which encourages participation and education for them and their families. ASPIRE provides a validating, supportive environment for youth and young adults to gain healthy behaviors and learn how to manage their feelings, emotions and personal interactions with others.