Let’s Talk About It: HELPING YOUR CHILD DURING A MENTAL HEALTH CRISIS

CONFEREN CE

Featuring Keynote Speaker: Kristina Kuzmic, author of “I Can Fix This,” an emotionally charged and eye-opening account of a mother’s journey to support her teen as he maps his own path to mental health.

This workshop is designed to empower parents and caregivers with the knowledge and skills to recognize, understand, and respond to mental health crises in children. Participants will explore common signs and symptoms of mental health issues, such as anxiety, depression, and behavioral disorders, that can escalate into crises if left unaddressed.

Informative breakout sessions with medical professionals for mental health resources, education, and contacts within the community. Resources include:

Open to the Public at No Cost!

PRE-REGISTRATION IS REQUIRED TO ATTEND THE CONFERENCE

Scan QR Code or contact Amanda Consiglio: aconsig1@wcccd.edu

FOR MORE INFORMATION, VISIT WWW.WCCCD.EDU OR CALL 313-496-2600