



The Sussex Elementary PSSC would like to invite you to a **FREE** information evening!

***Promoting and Practicing
Mental Wellness with our
Children and Youth!***

What is Mental Health? How to recognize signs & symptoms.... Stress prevention kids

What is "normal"? Talk about "it" Reducing "stigma" Practical strategies

□ Community resources Practical web links Prevention & Intervention

Presenter: Pam Drury (B.Ed., M.Ed., CCC, LCT)

Tuesday Oct. 3rd 6:30pm—8pm

Sussex Elementary School Library

Refreshments and snacks will be provided!

On Site Child Care for those who do not have a baby sitter!

Please help us spread the word and invite anyone you know to this information session!