



**MINDING
YOUR MIND**

THE SECRET LIVES OF TEENS & TWEENS



**Mon, Apr 10
6:00-8:00pm
Diman Regional
Vocational
Tech HS**



**Snacks,
swag,
gift card
raffle**

“The Secret Lives of Teens & Tweens” is a dynamic and fun two-hour presentation by counselor Jon Mattleman, MS, for parents and caregivers of teens/tweens that focuses on what youth in these age groups are really thinking, what they fear, why they do not share more, and how caring adults can effectively support them. This presentation covers areas such as depression and anxiety, social media and technology, suicide, ‘acting out’ behaviors, and more.

For more information

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