

# MENTAL HEALTH MATTERS

Hosted at Fossil Ridge High School

5400 Ziegler Road, Fort Collins

Thursday, November 3<sup>rd</sup>, 2016

Resource Fair 5:00pm-5:45pm

3 Rounds of Breakout Sessions 6:00pm-9:00pm

Pick and choose sessions from the program as you please.

Open to the northern Colorado community, breakouts on mental health topics will be presented every hour, allowing participants to attend up to three sessions. Topics are focused on secondary students and will focus on anxiety, body image, depression, self-harm, substance abuse, grief, and more. All are welcome. See the PSD website more information, or visit [www.frhscounseling.org](http://www.frhscounseling.org).

FRHS Student Council will be hosting free childcare for those who need it.

"School Grounds" coffee & beverage cart will be open throughout the event.

Spanish translation services will be available/Servicios de traducción al español estarán disponibles.

