

“Stressed Out: Helping Your Student Find Balance”

The presentation will include information from Keynote speaker, The Child, Adolescent & Family Recovery Center- West. Topics will include:

- **Coping With Current Demands Of Adolescence**
- **How To Best Support Your Teen**
- **Learning To “Walk The Middle Path”**
- **Resources For Parents**
- **Question & Answer**

Wednesday April 13th at 7:00 pm

Location: John Hersey High School, School Cafeteria
Open to Parents, Students and Staff of District 214 and its Feeder Schools

Sponsored by the JHHS Student Services Department

For Questions please contact Jeff Bondora, School Social Worker at JHHS- Jeffrey.bondora@d214.org