



COFFEE Talk

Educate • Communicate • Participate

Laguna Beach Parent Education Lecture Series

STRATEGIES FOR MANAGING CHILDHOOD STRESS AND ANXIETY

ABOUT THIS EVENT

Clinical psychologist, Dr. Lori Aleknavicius, of Inner Fokus in Laguna Beach will discuss breaking the silence regarding mental health struggles for our children/teenagers. She will speak about ways parents can talk to their children/teens to help overcome negative stigmas of mental health, and normalize proactive mental health care. Dr. Aleknavicius' presentation will identify specific community resources, as well as ways to use our connection with our children/teenagers to help them with mental health concerns. Parents will leave with tips and strategies for joining our children/teenagers in their time of need, and empower them to successfully manage stress, social challenges, and mental health symptoms.

WE'RE SOCIAL

Find us at PTACoffeeTalk



Laguna Beach Unified Council



everychild.one voice.



**WEDNESDAY
OCTOBER 18, 2017**

8:30 am - 10:15 am
Tivoli Too!
777 Laguna Canyon Road
Laguna Beach, CA



RSVP TODAY

Visit our website at **PTACoffeetalk.org** to reserve your seat. Free to PTA members or a \$10 donation.

Thanks to our sponsors



PTA Coffee Talk is a PTA Program supported by generous contributions from: Laguna Beach School PTAs, PTA Council, and Parents/Individuals from the community. Ideas expressed at PTA Coffee Talk do not necessarily reflect those of LBUSD or PTA.

