



STARTING THE
CONVERSATION
RAISING MENTALLY FIT KIDS

A Program for
Parents & Caregivers

You know your child's physical health, but how well do you know your child's emotional and mental health?

- ◆ Hear stories from parents and caregivers with real-life experiences
- ◆ Help your child talk about changing emotions and challenging circumstances
- ◆ Make emotional health part of your everyday conversations with your child
- ◆ Learn about free local resources that are easily available

Panelists



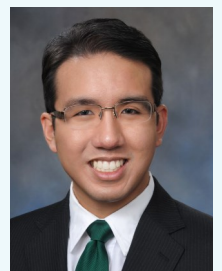
Adrienne
Parent



Carol
Parent



Bill
Parent



Dr. Huynh
Pediatric Psychiatrist

JOIN THE CONVERSATION

Monday, Oct. 28, 2019

6:00-7:00 p.m.

Doors open 5:30 p.m.



PARKWAY CENTRAL
MIDDLE SCHOOL

Parkway Central Middle School (Theatre)
471 N. Woods Mill Road

Childcare will be provided.

This event is free and open to the public.

startingtheconvo.org

1 in 5 children ages 13-18 live with a mental health condition.

Source: NAMI, National Alliance on Mental Illness

The average delay between onset of symptoms and intervention is 8-10 years.

Source: NAMI, National Alliance on Mental Illness

"I'm grateful to be able to talk with my son about what he's thinking and feeling."

— Tamara, helping her son Eli since age 12