



DECONSTRUCTING STIGMA

A Parent Workshop on Teens & Mental Health

DATE

Thursday, May 2 | 6-7:30PM

LOCATION

The CCRC at Cambridge Rindge & Latin School

DETAILS

One in five young adults aged 13-18 experience mental illness. Told through the eyes of its participants, Deconstructing Stigma boldly tears down the misconceptions of what those with mental illness look like. From this positive and interactive presentation, participants will learn firsthand some of the common signs and symptoms, including depression and anxiety, and how to talk to your child.

More information on the Deconstructing Stigma Campaign:

<https://deconstructingstigma.org/>

Questions? Greta Hardina, CRLS Family Liaison: ghardina@cpsd.us

Sponsored by Mclean Hospital - Deconstructing Stigma Campaign and the Cambridge Public Health Department