

## PSSD Parent Engagement Initiative presents



## **Teens and Depression**

Thursday, February 17th from 7:00 p.m.—8:00 p.m.



How to recognize signs and support your teen with low mood, low energy, lack of motivation and procrastination.

- Live Q & A to follow
  - Door Prizes

Facilitated by PSSD counsellor Joanne Ziola

To attend this one hour event, please <u>Click here</u> or scan the QR code below to register. A Zoom link will be provided to your email address the day of the event.

Thank you to Warman High School SCC for providing zoom link and door prizes.



Please contact Peggy Mattila-Bains, Coordinator with any question (peggy.mattila@spiritsd.ca).