



# Breaking the Silence

**WORKSHOP FOR  
TEENS ABOUT  
MENTAL HEALTH**

**For Grades 8-12**

**Wednesday, May 9  
6-9 p.m.**

**Alex Aidekman Family  
Jewish Community Campus  
901 Route 10, Whippany, NJ**

Learn how you can help someone who...

- ...is struggling
- ...needs support
- ...is asking for help
- ...is experiencing a crisis

**This workshop will provide participants with:**

- An overview of mental wellness
- Facts and statistics about mental health
- Myths and perceptions about mental illness
- Common types of mental health diagnoses
- Resources and coping strategies
- A certificate of workshop completion

**FACILITATOR:**

**Sara Mendez-Emma, LCSW**  
Clinical Director Child and Adolescent  
Services, JFS MetroWest

Dinner will be served  
Kosher dietary laws observed

Register at

[www.jfedgmw.org/teenworkshop](http://www.jfedgmw.org/teenworkshop)

For more information contact Valerie Samuel  
at [vsamuel@jfedgmw.org](mailto:vsamuel@jfedgmw.org) or (973) 929-3107

*Building an inclusive community is a priority. Contact us  
and we will make every effort to meet your needs.*

