



# BREAKING the SILENCE

WORKSHOP FOR TEENS ABOUT MENTAL HEALTH for grades 8-12

**OCTOBER 29, 2018 6:00 - 9:00 PM**

## 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 health
- Common types of mental health diagnoses
- Resources and coping strategies
- A certificate of workshop completion

## FACILITATOR

Robyn Krugman, LCSW  
Coordinator of Adolescent Services, JFS

## LOCATION

Temple Beth Shalom  
193 East Mount Pleasant Avenue  
Livingston

## ADDITIONAL DETAILS

This is a free event.  
Dinner will be served. Dietary laws observed.

## REGISTRATION & QUESTIONS

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

