



Mental Health 101: Learning How We Can Help Others

Park Hill School District, Synergy Services, and Tri-County Mental Health Services are partnering with Pine Ridge Church to offer vital information at no cost on current mental health topics in order to understand and help our community members and youth.

The presentations are appropriate for adults and children from 6th grade and up. Childcare will be provided for younger children.

Please join us for the following presentations:

Suicide Prevention 101 **February 13th at 7:00 pm**

Learn to detect danger signs in regard to death by suicide. Receive advice on when to take action, what to do, where to get help and how to have the difficult conversations around this topic. Presentation by Becky Milks and Katie Brewer, Youth and Family Therapists, Synergy Services.

Safety in the Digital Age **February 24th at 6:00 pm**

Children have access to more and more social media platforms at an increasingly young age. Learn how to keep children safe in the digital world. Two simultaneous presentations will give the necessary information to the caregivers and to children and youth. Presentation by Esther Guzan and Tracie Rezzelle, Prevention Educators, Synergy Services.

Drugs: Use, Abuse & More **February 28, 2019 at 7:00 pm**

Learn about brain health, substance use, and current drug trends in our community. Learn why youth and adults start and continue to use, signs of substance use, and how and where to get help. Presentation by Sherri Miller, Youth Prevention Specialist, Tri-County Mental Health Services.

All presentations will take place at Pine Ridge Presbyterian Church.
Please use the North Entrance of the church for these presentations.



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