

VIRTUAL EDUCATION NIGHT Child & Adolescent Mental Health

When mental health is supported in early childhood, children are healthier, happier, and more likely to succeed.

Monday, September 14, 2020, 7:00 to 8:00 pm
This is virtual Zoom meeting.
There will be a virtual drawing for gift certificates for attendees.



Sarah Younggren, LCSW
Child and Adolescent Initiatives
Manager at Mental Health Colorado.

Join us for an evening of education! You Will Learn:

- Introduction to Mental Health Colorado
- Landscape of children's mental health in Colorado
- Brief overview of early childhood and school mental health best practices outlined in our Toolkits
- How to support children and adolescent's mental health
- What are the mental health implications for our children during in this pandemic?

Sarah is a Licensed Clinical Social Worker with over 12 years of clinical mental health experience. She has extensive experience in trauma informed care, recognizing that experiences of trauma are an integral part of our worldview, and through this understanding, is the pathway to healing. She has training in neuroscience that informs all aspects of her work. Sarah is committed to the need for early and effective child and adolescent mental health interventions, believing in the power of resilience in individuals and families.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI High Country Colorado** is a local affiliate of NAMI Colorado. NAMI High Country Colorado's dedicated volunteers, members and leaders are helping to raise awareness, reduce stigma, provides essential education, advocacy and support for families and individuals in our community living with mental illness.

Contact: NAMI HCC to find out more about NAMI Support Groups! Programs! And Training!

www.namihighcountryco.org or leave a message at 970-718-2828
https://namihictryco@gmail.com



To receive the link by email: namihictryco@gmail.com

Join Zoom Meeting

<https://us02web.zoom.us/j/86798388966?pwd=clhlQ2wyTm1lbU9TZm4vOVhoUVpDUT09>

Meeting ID: 867 9838 8966

Passcode: 659162

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