

"ADOLESCENTS TODAY HAVE A REPUTATION FOR BEING MORE FRAGILE, LESS RESILIENT AND MORE OVERWHELMED THAN THEIR PARENTS WERE WHEN THEY WERE GROWING UP... BUT A CLOSER LOOK PAINTS A FAR MORE HEARTBREAKING PORTRAIT OF WHY YOUNG PEOPLE ARE SUFFERING."

Time, Nov 7, 2016, "Anxiety, Depression and the Modern Adolescent"



ANXIETY & DEPRESSION: YOUR TEEN'S SILENT BATTLE

At this informative session, parents will be given suggestions on how to identify anxiety & depression in their teen & tips on supporting their student.



SPONSOR: VALENCIA HIGH SCHOOL PTSA
WHEN: WEDNESDAY, APRIL 26TH, 6:30 - 8:00 PM
WHERE: Library

OUR GUEST SPEAKERS:

❖ Tom Okamoto, M.D

Dr. Okamoto is a Distinguished Fellow of the American Psychiatric Association. He has a private practice in Orange County.

❖ Duane Durst, LMFT

Mr. Durst is a Licensed Therapist & Clinical Director. He has 30+ years' experience in teen therapy & is a trusted advisor in many Orange County municipalities & organizations.

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