



Raising Resilient Youth in Challenging Times

Wednesday, January 31, 2024 | 5:00 pm
County of Hunterdon - Department of Health
314 State Rt. 12, County Complex, Bldg #1
Flemington, NJ 08822

Registration is FREE, but recommended:

[CLICK HERE TO REGISTER](#)

This parent presentation focuses on building strength and resilience in our children and teens with emphasis on the following:

- How to talk to your teens about difficult topics
- Empowering parents & guardians through education and awareness
- Understanding warning signs & risk factors
- Cultivating an independent and resilient mindset in your child
- Data & statistics
- Local resources

The Society for the Prevention of Teen Suicide is a non-profit community organization dedicated to increasing awareness and reducing the stigma of suicide through specialized training programs and outreach resources that empower teens, parents and educational leaders with the emotional guidance and skills needed to help those at risk of suicide and build a life of resiliency.

www.sptsusa.org

