

## What Families Need to Know About Teen Mental Health

Royal Oak Public Library in collaboration with the Royal Oak Community Coalition will host a free five-part series on teen emotional and behavioral health related issues offering tips, resources and techniques for families and professionals working with youth on **select Wednesdays from 6:00pm to 7:30 pm beginning April 15**. There is a parent-only program on **Wednesday, April 22** and a teen-only program on **Wednesday, May 20**. Both begin at 6:00 pm.



### **Wednesday, April 15 What IS Good Mental Health?**

The Community Educators of Community Network Services kick-off the 2015 Spring Mental Health Series with a captivating talk on the factors that contribute to your family's overall "Good Mental Health".

### **Wednesday, April 22: Parent-only Stay-Out Of My Room - What Parents Want to Know**

Check out a mock teenager's bedroom and see if you can spot the obvious...and not-so-obvious drug related paraphernalia. Adults Only Event. This St. Joseph Mercy Health System program is for adults to learn about the signs, symptoms and current trends in teen drug use. Class ends at 8:00 pm.

### **Wednesday, April 29 Accessing the Mental Health System**

Join guest speaker Christine Burk from the Oakland County Community Mental Health Authority for an insightful talk how to link your children to valuable mental health services.

### **Wednesday, May 6 Mental Health and Our Children**

Back by popular demand, Leon and Mary Ellen Judd of the National Alliance on Mental Health (NAMI) will teach you how to recognize the signs and symptoms of mental health issues (focusing on teen depression) and share the many resources available to help you cope with these issues.

### **Wednesday, May 13 Ways to Strengthen Communication with Your Teens**

Join Lisa Kaplan from Maplegrove Community Education for communications tips and learn how to help your kids make healthy choices.

### **Wednesday, May 20: Teen-Only What's College REALLY Like?**

High School seniors and juniors will benefit from hearing the first hand experiences of this college student panel at this special "Teens Assisting in College Transition" (TACT) Meeting. Topics include: establishing healthy boundaries, stress management, social and academic pressures, and more.

**Registration is required.** Visit [www.ropl.org](http://www.ropl.org) or call the adult reference desk at 248-246-3727 to register. For additional information about the Royal Oak Community Coalition, visit them on Facebook: [www.Facebook.com/RoyalOakCommunityCoalition](http://www.Facebook.com/RoyalOakCommunityCoalition)