

**General Education Meeting Wednesday, May 4 7 - 8:30 p.m.**  
**ZOOM LINK**

**Mental Health Concerns in Teens and Young Adults  
(high school and college-age children)  
with emphasis on how technology has and does affect mental health  
in these age groups**



**Presenter - Christine Spuhler**

**Bilingual (Spanish) Clinical Social Worker. Experienced in working with immigrant and minority issues, trauma, brain injury, PTSD, abuse, infertility, chronic medical illness, attachment, grief and loss, adoption, ADHD, anxiety, depression and coping with divorce and co-parenting.**

**I am EMDR (Eye Movement Desensitization and Reprocessing) trained and have worked extensively with those who have lived with chronic trauma experiences.**

**I use a variety of interventions, including art and drawing, to spur the introspection process on the path to healing. I strongly recommend combining a mind and body approach to help you connect with and reveal your true inner self.**

