

Ending
the
Silence

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a discussion on youth
mental health

JANUARY 27, 2021

6:30-8 PM

we'll be talking about:

- the signs and symptoms of mental illness
- how to recognize early warning signs
- the importance of acknowledging those warning signs

This relevant and engaging presentation will help attendees identify early signs and symptoms of mental illness in youth, provide information about treatments, and we'll have a young adult who will share their lived experience coping with depression and/or anxiety. ** Please note, this presentation is geared towards caretakers, not kids.

REGISTER on Eventbrite:

<https://tinyurl.com/endingthesilencePNW>

You can also order a delicious family meal from The Extra Ingredient to heat & serve while you watch : <https://tinyurl.com/extraingredientPNW>

- Please click on the link titled, "Jan 27th: PNW Parent Education Event - Pre Order".
- All orders must be placed by Wed, January 20, 2021 and 20% of all proceeds will be donated to PNW Parent Education.

There will be pick up stations in West Seattle, Beacon Hill, and West Bellevue from 3-4.

Home deliveries will be made between 2:30 pm and 6:00 pm to the following zip codes: 98103, 98107, 98109, 98117, 98119, 98177, 98199, 98102, 98112, 98115, 98125, 98133. We will text you on the day of with an estimated delivery time. Please note that all meals will include warming instructions for a delicious dinner during the online event.