



# RAISING RESILIENT TEENS IN CHALLENGING TIMES VIRTUAL PARENT PRESENTATION

**Thursday, February 4, 2021 - 7:00 pm**

The Society for the Prevention of Teen Suicide invites you to attend a virtual presentation to discuss some of the difficulties of parenting a teen in challenging times. Are you unsure how to bring up the topic of suicide, mental illness or substance use with your child? This presentation will help you to dispel common misconceptions, address the importance of talking to your child about identifying a "Trusted Adult", provide information on the warning signs of suicide and local resources, discuss the potential impact of current events, social media and more.

Enjoy an interactive panel of community experts:

- Moderated by Susan Tellone, SPTS Clinical Director
- Dr. Robin Jacobs Lowery, Child Psychologist, Toms River High School East
- Kathryn Colhoun, LCSW, Director of Community Resources, Ocean Partnership for Children
- Christine, Parent, Applaud Our Kids Foundation Scholarship Recipient

The opportunity to ask questions from the comfort of your own home is an invaluable aspect of this virtual night!

**Pre-registration for this event is required.  
To register, please visit:**

**<https://sptsusa.org/RRTpanel>**

