



The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and Summit School Districts invite you to attend

Parent Wellness Series

**Webinar:**  
***Just Talk About It***

**Presented by: Minding Your Mind's**  
**[Suzelle Marques, MA, LPC](#) &**  
**[Scott, young adult in recovery](#)**

**Wednesday, October 20, 2021**  
**7:00 PM**

**Webinar Link:**

**<https://meet.google.com/qfc-hwmu-dso>**  
or dial: (US) +1 413-350-0575 PIN: 542 452 735#

**Join us for this special event...**

- Learn the warning signs of stress, anxiety, depression, & crisis.
- Hear from a young adult about the challenges they are facing and how they are managing their mental health during these uncertain times.
- Learn best practices and coping skills.

[Minding Your Mind](#) is a local organization dedicated to ending stigma and destructive behaviors associated with mental health issues, moving away from crisis-based response to prevention through education.