



Under Pressure: Youth & Mental Health *with Prairie St. John's*

According to the American Psychological Association approximately one out of every five children in America has a diagnosable mental health disorder. Social pressures, home life, school, COVID, and other issues can also create additional burdens. Learn about common mental health issues that impact youth, tips to support the youth in your life and, and signs to look out for.

This free session is geared towards parents, teachers, daycare providers, and others interested in supporting youth mental health.

Tuesday,
February 8th
from 6-7 p.m.

Find us here:

Breckenridge Public Library

205 7th St N

218-643-2113

breckenridge@larl.org | larl.org



LAKE AGASSIZ
REGIONAL LIBRARY