

WELLNESS IN NEWARK (WIN) PRESENTS:

**Anyone
is free
to attend!**

Dinner and a Community Conversation

Please join us for a conversation as a follow-up
to the parent ThoughtExchange.

**Tuesday, March 31st
6:00 pm-7:30 pm
Newark High School**

Dinner: 6:00-6:30

Breakout Sessions: 6:45-7:30

Breakout Session 1:

Motivational Speaker, Jonathan Jacobs

This is a great opportunity for parents to learn about the strategies for communicating with children and adolescents about the dangers of drug/alcohol use and mental health concerns. The hope is you will leave with a better understanding of how experimentation could lead to dependence.

Breakout Session 2:

**Signs of Depression and How to Build
Healthy Communication with Adolescents**

More information coming soon.

Please choose 1 session to attend following dinner, and register at this link:
<https://wellness-in-newark-event.eventbrite.com>

