



# RAISING RESILIENT TEENS

## Tips for Parents & Caregivers

This engaging presentation will address the many stressors and obstacles teens face today, while helping parents and/or caregivers gain awareness and knowledge needed to tackle “difficult” topics. Discussion will address teen suicide prevention, warning signs, risk factors, current trends in risk behaviors among adolescents, negative impact of social media, local resources and more.



**Thursday, October 19 | 5 – 7 p.m.**

Held at the Robert D. Wilson Memorial Community Center  
22 Snug Harbor Avenue | Highlands, NJ

Please contact 732.497.3811 or [familysuccess@cymca.org](mailto:familysuccess@cymca.org).

### THE COMMUNITY YMCA

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[TheCommunityYMCA.org/bfsc](http://TheCommunityYMCA.org/bfsc)



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