

AQUIRE Mental Health

(Accessing Quality Interventions & Resources for Everyone)



A Parent and Community Event on Mental Health

Thursday, April 26, 2018

Longmont High School

5:30pm – Resource Tables

6:00-9:00pm – Breakout Sessions

Attend a variety of breakout sessions on the following topics:

- Depression
- Self Harm
- Mindfulness
- Suicide Awareness
- Stress Management
- Accessing Local Support
- Trauma
- Gender Identity
- Teen-Only Sessions

Parents and youth, educators, and adults who work with middle school and high school students are welcome!

Learn more at bit.ly/AQUIRE or “like” the event on Facebook
(Search AQUIRE Mental Health Night)

This event is offered at no cost and organized by:



St. Vrain Valley Education Association
Supporting Action for Mental Health

