

# AQUIRE Mental Health

(Accessing Quality Interventions & Resources for Everyone)



A Mental Health Parent and Community Event

JANUARY 12, 2017

5-9 PM AT LONGMONT HIGH

1040 Sunset St. Longmont 80501

Boulder County and Weld County parents, educators, and adults who work with middle school and high school students are welcome!

**Attend a variety of breakout sessions on the following topics:**

- Depression
- Suicide Awareness
- Resiliency
- Self Harm
- Stress Management
- Substance Abuse
- Mindfulness
- Accessing Local Support

Sponsored by St. Vrain Valley Education Association  
and St. Vrain Valley Schools



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QUESTIONS? CALL: 720-464-9582 EMAIL: [hidalgo\\_susan@svvsd.org](mailto:hidalgo_susan@svvsd.org)