

BE KIND TO YOUR MIND

SUPPORTING TEENS' MENTAL WELLNESS

A webinar for parents, guardians & caregivers — courtesy of the Stay Well program

Teenagers are known to have their ups and downs, but studies show the COVID-19 pandemic has left many young people struggling with serious emotional distress. Do you have a teenager in your life exhibiting ongoing anxiety, dark moods, or uncharacteristic new habits? Are you unsure of how to respond?

This webinar is designed to teach parents, guardians, and other caregivers how to:

- Recognize signs of distress in your teen
- Provide positive support
- Talk to your teen about mental health
- Lead by example by managing your own wellness



[Michigan.gov/StayWell](https://www.michigan.gov/StayWell)

DATE: Tuesday, May 24, 2022, from 6:00 – 7:00 pm
COST: Free
REGISTER: <https://bit.ly/3l3E07c>



PRESENTER:

Chardae Korhonen, LMSW, is a Youth and Family Outreach Specialist for the State of Michigan's [Stay Well program](https://www.michigan.gov/StayWell). She currently works as a mental health service coordinator for a high school in Washtenaw County, Michigan. A licensed clinical social worker, Chardae worked for 11 years providing crisis intervention services and mental health support to youth and families experiencing housing instability. During that period, she also managed a program that provided harm reduction-based substance use treatment to adolescents and young adults.