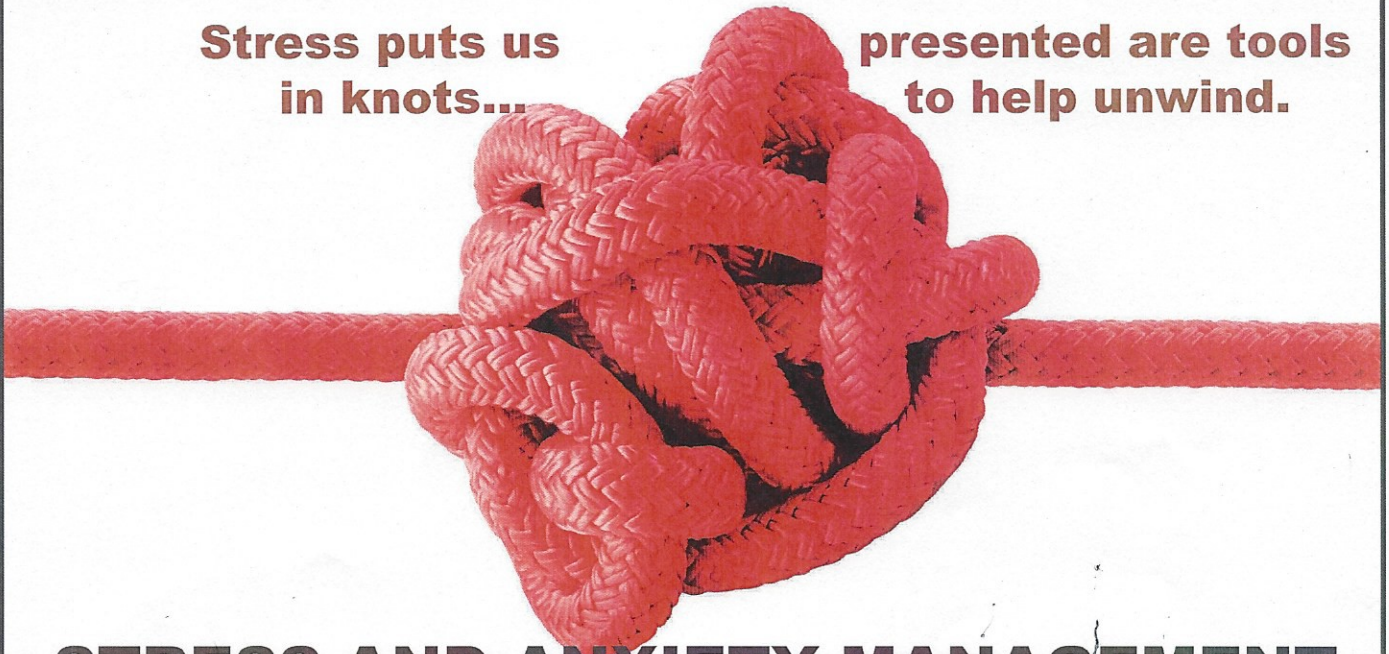


**Stress puts us
in knots...**

**presented are tools
to help unwind.**



STRESS AND ANXIETY MANAGEMENT YOUTH AND PARENT WORKSHOPS

Parents, teachers and friends are invited to join us:

Monday, April 15th, 2019

**Parent Meeting 6:30 pm at Capps Middle School
Performing Arts Center**

**Tuesday, April 16th, 2019 School Assembly for grades
7-12 at 11AM in the Mogollon High School Gym**

SUICIDE IS THE **SECOND LEADING CAUSE OF DEATH AMONG SCHOOL
AGE CHILDREN; NAVAJO COUNTY SUICIDE RATE IS 3 TIMES THE
NATIONAL AVERAGE.**

**Beginning April 2019, the Navajo County Council on Mental Health will strive
to visit every school to teach stress and anxiety management for youth and
parents.**

**For more information, please contact: Nathan Updike
(928) 537-5315 x.7750**