



Coping with Anxiety and Depression – Conversation, Questions & Answers

April 23
6:00PM—8:00PM

Trinity Presbyterian Church
1315 N 160th Street
Shoreline, WA 98177
(www.trinpc.org)

What are the signs and symptoms of depression? How do anxiety disorders show up in children and teens? How can families cope and find support for loved ones? How does a parent handle a crisis? Answers to these questions and more will be the focus of this workshop featuring psychiatrist Dr. Charley Huffine, Shoreline Police RADAR Program's Captain Scott Strathy, and Guided Pathways Parent Partners and Youth Peer Coordinator. Join us April 23rd!



Register at: <http://goo.gl/Y32Kir>

For more information call 253-236-8264

Families helping families