

HOLY CROSS CATHOLIC ACADEMY PRESENTS

IT'S OKAY



**TO REACH OUT FOR
HELP**

MENTAL HEALTH AWARENESS NIGHT

MAY 30TH @ 7:00PM IN THE LIBRARY

**TOPICS WILL INCLUDE: HOW TO NAVIGATE YOUR CHILD'S STRESS
UNDERSTANDING THEIR EMOTIONS, ANXIETY AND**

LEARN PRACTICAL STRATEGIES TO HELP

GUEST SPEAKER: CARM VIOLA, REGISTERED PSYCHOTHERAPIST

MARIA DELMEDICO, REGISTERED CHILD THERAPIST

REFRESHMENTS WILL BE SERVED
