



## Difficult Conversations: Teen Suicide Prevention

**Are you the parent of  
youth between  
10-20 years old?**

**Ever ask yourself if your  
teen is sad and  
feeling hopeless?**

**Did your pre-teen or  
teenager stop  
participating  
in activities he used  
to enjoy?**



We invite parents, guardians and all adults with a young person in their lives to come learn about depression and its symptoms, ways to communicate with your youth and help prevent suicide.

**\*ADULTS ONLY Class\***  
Class offered in Spanish  
Childcare and Snacks provided

**Where:** Verdant Community  
Wellness Center  
4710 196th St SW,  
Lynnwood

**When:** Thursday November 17th, 2016

**Time:** 5:30-7:30pm

To register call Sandra at 425-678-6042  
or email [Sandra.huber@verdanthealth.org](mailto:Sandra.huber@verdanthealth.org)

**Youth Suicide  
Prevention Program**



**HEALTH COMMISSION**  
SERVING SOUTH SNOHOMISH COUNTY