CLUB PHOENIX
PRESENTS

Teen Self Awareness and Suicide Prevention

When : Wednesday, January 31st

Time : 7:00 p.m. – 8:30 p.m.

**Where : Club Phoenix,
Vienna Community Center**

Please join the discussion led by
Ginny Inglese, LCSW, RD, CLC
We will address mental health disorders like anxiety, depression, substance abuse and self harming behaviors. Learn how to address teen emotions and build inner strength , self esteem, and develop healthy routines and trusting relationships.

Teen Suicide is the 3rd leading cause of death in the United States

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