



DSD | Disabilities
Services
Division

A Division of the Department
of Health & Human Services



DHHS | Department of
Health &
Human Services

Milwaukee County Disability Services Division would like to invite you to join us for

Community Café: Teenage Mental Health



Community Café is a virtual meeting space for parents, guardians, caregivers to meet and learn about what's important to you, your family and our community.

Participation will allow you to engage with a therapist regarding:

- Social/emotional growth in tween and teens
- Myths about teenage mental health
 - Warning signs
 - Seeking support
- Talking with youth about their mental wellness and stress levels
- Importance of the caregiver-teenager bond!
- Basic information on common mental health diagnoses for teens
- Anxiety, Depression, Trauma, ADHD, and Eating disorders

One day, two convenient times: **December 16, 2020 1-2:30pm & 6-7:30pm**

Registration is free & required. Email childrenservices@milwaukeecountywi.gov to register.

At registration, please indicate session time, interpreter needs and required language.

Sessions will be held on Microsoft Teams. Sign up for a free account by [clicking here](#).



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Disability Services Division • Talk to Us: (414) 289-5915