

# Let's Talk About... Mental Health of our Kids

Parents and caregivers of youth are invited to a free information session to learn more about mental health, and how to best support children.



**TUESDAY SEPT 23**

**GRUNDY EUNOIA WELLNESS CENTER  
606 DEPOT ST, MAZON**

**6:00 PM - 7:30 PM**

- **SIGNS & SYMPTOMS**
- **TYPICAL BEHAVIOR VS MENTAL ILLNESS SYMPTOMS**
- **FAMILY HISTORY AND TRAUMA HISTORY**
- **WHERE TO START IF YOU'RE CONCERNED**

**REGISTRATION PREFERRED, BUT NOT NECESSARY  
CALL OR TEXT 815-409-7917**



For more information, please call or text  
NAMI Will-Grundy at 815-409-7917.

[www.NAMIlwg.org](http://www.NAMIlwg.org)