



Hello Middle School Parents,

You are invited to attend a FREE presentation on

**Wednesday, February 8, 2017**  
**at 6pm at Buljan Middle School,**  
in the multi-purpose room.

In acknowledgment of **Mental Health Awareness Week** Feb 6-10, Roseville City School District proudly presents, Ending the Silence. This event is sponsored by PCYC (Placer County Youth Commission) and NAMI (National Alliance on Mental Illness).

During the 50-minute talk, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped. You will learn about anxiety and other mental health concerns to help raise awareness and change perceptions around mental health conditions. We hope to see you there.

Please read below.....



# HEALTHY TWEEN BRAIN PARENT NIGHT

All parents and guardians are invited to come to this educational night hosted by the Placer County Youth Commission in conjunction with the National Alliance on Mental Illness. This evening will showcase a special presentation from Ending the Silence speakers, a program developed by the National Alliance on Mental Illness.

**THIS SPECIAL PRESENTATION WILL COVER TOPICS SURROUNDING MENTAL HEALTH SUCH AS:**

- IMPORTANT STATISTICS ABOUT MENTAL ILLNESSES IN YOUTH
- EARLY WARNING SIGNS THAT ARE HELPFUL IN RECOGNIZING MENTAL ILLNESSES
- HOW AND WHERE TO GET HELP FOR STUDENTS AND ADULTS
- ADVICE FROM A PARENT OF A CHILD THAT HAS A MENTAL ILLNESS

**THE PRESENTATION WILL BEGIN AT 6 PM  
BULJAN MIDDLE SCHOOL  
100 HALLISSY DR., ROSEVILLE**