

# Westwood SEPAC

SPECIAL EDUCATION PARENT ADVISORY COUNCIL



## **"Just Talk About It"**

Recognize the warning signs of a mental health crisis and learn how to help. A complement to Mental Health Awareness Week at the High School. All community members are welcome!



**Guest speaker Jon Mattleman** is a clinician with more than 35 years of experience working with adolescents and teenagers. He will lead an interactive presentation as an introduction to mental health awareness that is designed to train parents and caregivers on how to recognize the warning signs of stress, anxiety, depression, and crisis. Jon will cover topics such as self harm, suicide and the emotional consequences of technology/ social media.

At the completion of the training program parents will know how to help a child, student and/or friend who is experiencing a mental health issue or crisis.

For more information visit: [www.jonmattleman.com](http://www.jonmattleman.com) | [www.mindingyourmind.org](http://www.mindingyourmind.org)

---

**Date:** Tuesday, February 6th, 7:00-9:00pm

**Location:** Westwood High School, Little Theater, 200 Nahatan St. Turn into the High School entrance and park in the lot closest to the Football Field. Enter at entrance labeled "Auditorium". The Little Theater is just inside the doors.

---

Join our closed Facebook Group: Westwood SEPAC-Special Education Parent Advisory Council

To volunteer, questions, or submit ideas on forum topics email: [westwoodsepac@gmail.com](mailto:westwoodsepac@gmail.com)

SEPAC Board: Megan Brenk & Meggan Flaherty, Co-chairs • Angela Pomarole, Secretary • Kelly Anderson, Treasurer