

Are You or Your Child Stressed Out?

Tues, Jan 14
6:30 – 8:00 pm
14603 E Fremont Ave.
Centennial, CO

(Evening only.)



Learn how to make stress work for you! Join PIN to hear Alex Yannacone teach about the all-important topic of stress management.

Stress is an unavoidable part of life, yet too much stress can be dangerous to our health. Alex will provide evidence-based prevention training that will help parents reduce their own stress levels, as well as those of their kids.



Parents will learn...

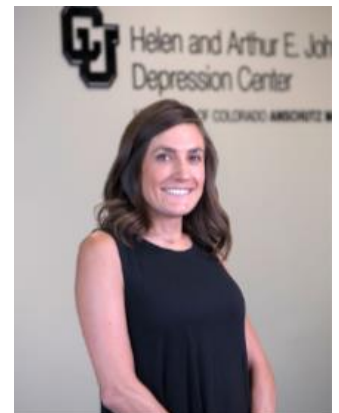


- **How to recognize the role stress plays in our lives**
- **Tips and tools to manage stress and change unhealthy habits**
- **How we can support our kids through stressful times**



About our speaker

Alex Yannacone has an extensive background in implementation and trainings for prevention and intervention of mental health services and education. As the Director of Education and Community Programs at the Helen and Arthur E. Johnson Depression Center, Alex provides programs and trainings addressing mental health issues across Colorado. Alex serves as co-chair of the National Network of Depression Center's (NNDC) Community Education and Awareness Programs Task Force.



Parents, educators, and community members are welcome and encouraged to attend PIN's **FREE** presentations. No need to RSVP—just come!

Upcoming Events - Mark Your Calendar!

- **Feb 4 (9:15 a.m.) & 11 (6:30 p.m.)** – *An Innovative Look at Nutrition: The Way to The Brain Is Through The Stomach* with Anna Schwartz, RDN, Registered Dietitian Nutritionist of Paramount Health Directions.