



Stress Survival Guide (60 minutes) Teen Workshop (ages 14-24)

Pressures from school, family, friends, work: you are surrounded and burdened by stress from all sides. Because untreated stress can lead to mental health conditions like depression, we all need to develop practical strategies to manage day-to-day stress. Come learn from someone who survived stress and depression during their teen and young adult years. Participants will learn the signs of stress and depression, identify strategies to manage day-to-day stress, and begin to create a survival guide of their own!

Registration for for in person Teen Stress Survival Guide:

<https://familyaware.wufoo.com/forms/teen-stress-survival-guide-registration/>



T H U R S D A Y

**J U N E 9 T H , 2 0 2 2
7 : 0 0 - 8 : 3 0 P M**

**Hopkinton Public Library, 13 Main Street, Large
meeting room**

This program is planned in person. If COVID rates dictate a switch to a virtual format you will be sent a link.