

Community Awareness Events: Youth Mental Wellness

Our youth are our future's greatest asset. Schools, parents, caregivers and communities all play a role in providing supportive pathways for our youth as they navigate childhood and adolescence. SCIP (School Community Intervention and Prevention) is partnering with Lincoln Public Schools, Bryan Health and the Lancaster Prevention Coalition to put on two valuable presentations about supporting the health and well-being of our community's youth. These events are open to parents, students, school professionals and community members.

Due to COVID-19 restrictions this year's events will all be virtual.

February 25, 2021- Fostering Youth Mental Wellness in a Stressful World

Presented by: Dr. Melissa Lafferty with Nebraska Mental Health Centers

6:30 p.m. – 8:00 p.m.

Via Zoom- <https://us02web.zoom.us/j/81409286209>

Meeting ID: 814 0928 6209

Presentation:

Dr. Melissa Lafferty is a therapist with Nebraska Mental Health Centers. Melissa will discuss the role of stress on mental health. She will provide strategies that everyone can take to promote mental wellness as a means to better cope with the stress of the current world around us. The role that teachers and parents can play to help support youth by promoting positive coping techniques will also be addressed.

