

CASA GRANDE UNION HIGH SCHOOL

# TEEN LIFELINE PARENT NIGHT



**FREE VIRTUAL  
WORKSHOP**

**FEBRUARY 4, 2021  
5:30PM-6:30PM**

An hour-long workshop on **Stress and Coping**, given by Masters-level Clinicians and Prevention Specialists from Teen Lifeline.

**\*\*Adults Only\*\***

Focused on **how adolescents experience stress**. We will discuss various stressors, symptoms of stress, and how to support teens who are experiencing stress. Healthy and unhealthy coping skills will be reviewed, as well as strategies for building resiliency in teens.