



# Mental Health Needs of Today's Youth: Stressors & Strategies

Today's youth and young adults experience a wide variety of novel challenges not faced in previous generations. These challenges include navigating a post-pandemic world, experiencing and witnessing cyberbullying on an unprecedented scale, and experiencing societal pressures amplified by social media.

Within this workshop, we will discuss these challenges and the impact they have on all aspects of being. Strategies for parents, educators and other caring adults will be shared to help support our young people from pre-adolescence through young adulthood.

December 10, 2024 - 6:00-8:00 p.m.

There is no cost to attend this virtual event

**REGISTER**

<https://cesa1.app.neoncrm.com/event.jsp?event=8087&>

**Event Questions:** Erica Branson, Special Education Coordinator, [ebranson@cesa1.k12.wi.us](mailto:ebranson@cesa1.k12.wi.us)

**Registration Questions:** Jodi Sodemann, Program Specialist, [jsodemann@cesa1.k12.wi.us](mailto:jsodemann@cesa1.k12.wi.us)



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