

# Mental Health and Teens: A parent information webinar

Amy McNamara • 3 days ago • Tuesday, May 10 at 4:43 PM • Acalanes Union High School District



## Acalanes Union High School District

Tuesday, May 10, 2022

Dear AUHSD families,

Over the last two years in AUHSD, we have seen a rise in the number of students seeking support from our wellness centers. As students have returned to school, anxiety and stress are two factors that are on the rise.

Please join our webinar on Tuesday, May 17th at 6:00 p.m. as our wellness staff discuss signs of stress and anxiety and how parents can recognize more serious problems. We will briefly present information on our wellness program and services available for teens this summer.

**What: Mental Health and Teens: A parent information webinar**

**When: Tuesday, May 17 at 6:00 p.m.**

**Webinar link: <https://auhsdschools.zoom.us/j/89264441667>**

This webinar will be recorded and posted on the AUHSD website.

In Partnership,

AUHSD Student Services:

Amy McNamara, Associate Superintendent

Dr. Lynnā McPhatter-Harris, Director of Student Support, Equity and Inclusion.

### Governing Board Members:

Kristin Connelly, President

Christopher Grove

Bob Hockett

Nancy Kendzierski

Christopher Severson

### Student Board Member:

Isabelle Bennette

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**John Nickerson, Superintendent**  
**Acalanes Union High School District**  
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