

FAMILY MENTAL HEALTH & WELLNESS FAIR



Physical - Emotional - Occupational - Intellectual - Social - Environmental

Thursday, January 28 Food Trucks at 5:00pm

Willowcreek Middle School, 2275 W 300 N, Lehi

Keynote at 6:00pm Breakout Sessions 7 - 8:15pm

“Developing Resiliency in Youth”

Resiliency 2016



Sessions

Building Protective Factors

Community Mental Health Resources

Hope Squad/Up standers, Self-Harm

Parenting/Strengthening the Family

Sleep Deprivation • Suicide Prevention