



Just Talk About It:

**An interactive mental
health presentation**

**Monday, April 15th, 2019
Waldwick High School Little Theater
155 Wyckoff Ave.
7:00 pm**

The Waldwick-Stigma Free Task Force in conjunction with the Waldwick Public Schools and Minding Your Mind present "Just Talk About It," a program to promote factual knowledge, encourage discussion, ease communication and enlighten parents and community members to the warning signs of mental health issues in adolescents and teens.

**WALDWICK
PROUD TO BE
STIGMA-FREE**



**NorthWest Bergen
Regional Health Commission**

Good Public Health Grows a Stronger Community

**Questions? Please contact Northwest Bergen Regional Health Commission
at 201-445-7217, x201 or info@nwbrhc.net**