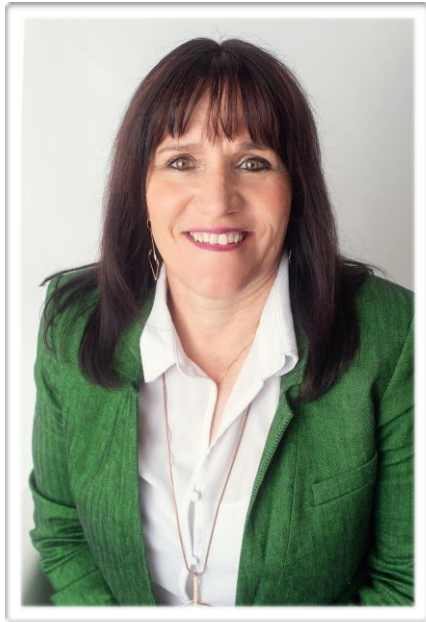


PROGRESS NOT PERFECTION

October 21st Springville High 7pm

A COMMUNITY MAKING A DIFFERENCE

Strengthen Families and Kids



Christy Kane Ph.D., CMHC

In this presentation Kane talks about the difficulties teens face in today's complex social media world as they sort through the journey of progress versus perfection

PROGRESS VERSUS PERFECTION

Attendees learn key solutions to help teens navigate life in progress



- Anxiety is the number one issues facing teens
- Depression rates are higher now than ever before
- Teenage suicide is the 2nd leading cause of death
- This is the 20% face of mental health

🕒 Time mental health moves to the 80% part of our lives in the area of stabilization as we help kids create balance in their live as they move from perfection to progress.