

**Are you worried that your adolescent is experiencing or may experience anxiety or depression at some point? Are you interested in learning how to identify potential issues and how to get help?**

**There has never been a forum where you can ask your questions anonymously like this...**

Please make plans to attend the next **River Dell PTO Meeting on Tuesday, 2/23 @ 7:00pm in the RDHS Library.**

**Jill Pantaleo, LCSW and Associates will be joining us to present and discuss *Teen Anxiety and Depression*. After a short presentation, Ms. Pantaleo will open our meeting for questions from you. She will provide you with her cell number so you can text her questions, if you wish to remain anonymous.**

This is a rare opportunity to come and listen to a topic that is extremely important to raising your children. Whether your child is just entering 7th grade or graduating this year, this presentation is for you!

Grab your friends and start talking about this meeting. It is much too important to miss.

Mark your calendars!

We look forward to seeing you! Come early, have a cup of coffee and a snack.

Your PTO Board,

*Stacy Stein, Amy Skroce, Lynn Spelda*