



**MINDING  
YOUR MiND**

*Presenting:*

# *Just Talk About It*

*Featuring Clinician Sheila Gillin,  
LCSW and Young Adult Speaker Evan*

This interactive presentation is an introduction to mental health, designed to train parents and caregivers on how to recognize the warning signs of stress, anxiety, depression, and crisis.

**February 15th, 2022**

**7:00 - 8:30 PM**

Holicong Middle School  
2900 Holicong Road  
Doylestown, PA 18902

In person and live stream  
to watch at home and on  
computer by clicking the  
link below.

[www.cbsd.org/mindingyourmind](http://www.cbsd.org/mindingyourmind)

Attendees will learn about:

- Stigma regarding mental health
- The most common causes and effects of stress and anxiety
- Adaptive and maladaptive coping skills
- The symptoms of depression
- The warning signs most often associated with a mental health crisis
- How to help a youth who is experiencing a mental health challenge or crisis

Please contact your building principal with any questions.

- **Holicong** – Mr. Shillingford – [kshillingford@cbsd.org](mailto:kshillingford@cbsd.org)
- **Lenape** – Ms. Saullo – [gsaullo@cbsd.org](mailto:gsaullo@cbsd.org)
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