

Livingston Public Schools invite Parents/Guardians and Students in Grades 7-12 to join us for an informative workshop.

“Breaking the Silence”

**Presented by Marianne McCrone, LPC &
Robyn Krugman, LCSW of Jewish Family Services**



Wednesday, March 24th 7-8:30pm
Livingston High School Auditorium (Parents)
Livingston High School Media Center (Students)

Learn How You Can Help Someone Who...

- ...is struggling**
- ...needs support**
- ...is asking for help**
- ...is experiencing a crisis**

The Workshop Will Provide:

- An overview of mental health**
- Facts and statistics about mental health**
- Myths and perceptions about mental health**
- Resources and coping strategies**

Program is subject to change if a remote option is deemed necessary

