



EMPOWER HOUR
 Tuesday
 March 19th
 7-8pm

WHAT I WISH I KNEW: EMPOWERING OUR YOUTH AND ESTABLISHING HOPE

Join us for a candid conversation where we will unpack the mental health struggles facing our youth and find hope on the other side.

Presented by Society for the Prevention of Teen Suicide 

This discussion aims to shed light on the subtle signs preceding a mental health crisis, offering valuable insights from panelists to help parents and caregivers recognize challenges early on. Expert panelists will share their personal experiences and keen insights, providing you with a unique perspective on what they wish they knew earlier.

This Community Conversation will foster safe and open communication helping participants recognize potential challenges to intervene proactively.

Date: Tuesday, March 19th
Registration: 6:30 pm
Program begins: 7:00-8:00 pm
Q&A: 8:00-8:30

TWO RIVER THEATER Location: Two River Theater
 21 Bridge Ave., Red Bank, NJ



This transformative discussion led by mental health professionals, peers, and advocates, aims to break the stigma surrounding youth mental health. Discover effective communication strategies, learn about the warning signs, and gain tools to proactively address potential challenges to initiate constructive dialogues with your children.

- Moderator:**
Susan Tellone
 Clinical Director
 SPTS
- Panelists:**
Marli J. Gelfand, M.S. L.P.C., A.C.S.
 Behavioral Health Services
 RWJBarnabas Health, Monmouth Medical Center
- Kalisha Smith, LCSW**
 Associate Clinical Director SPTS
- Stacy Brief, LMSW**
 SPTS Summit Long Island Coordinator, Young Adult Voice
- Steve Sefcik**
 Parent Voice and Co-founder, Remembering T.J.



Registration WEforumGroup.org

→ 1.5 hours of community service will be given to students who attend.

