



National Children's
**MENTAL HEALTH
AWARENESS DAY**

Children's Mental Health Awareness Day

Open House and Resource Fair

Join us for **National Children's Mental Health Awareness Day** to shine a spotlight on the importance of caring for every child's mental health and reinforcing positive mental health as an essential part of a child's development.

Thursday, May 9, 2019

3:30 to 6:30 p.m.

Merrifield Center, 8221 Willow Oaks Corporate Drive
Fairfax, Virginia 22031

Speakers include:

- 3:30 p.m.: **Lisa Hamp**. A survivor of the 2007 Virginia Tech tragedy, Lisa will describe the skills and tools she used to overcome and thrive despite the trauma she experienced.
- 4:30 p.m.: **Dr. Adelaide Robb**. Dr. Robb, Chief of Psychiatry at Children's National, will share her current research and trends on youth PTSD, stress, and attention deficit disorder.
- 5:30 p.m.: **FCPS students**. A panel of teens will share their in-progress community projects that are designed to encourage help-seeking behaviors among their peers.

Attendees will have opportunities to:

- View and discuss a documentary "**More than Sad**," a short documentary that addresses depression, demystifies treatment, and has an encouraging message to those seeking help.
- Hear from Jen Marr, who founded **Inspiring Comfort** following the Sandy Hook incident, and now teaches people how to provide comfort to others, effectively and safely.
- Visit representatives at our **resource fair**, including CSB's Turning Point program, Healthy Minds Fairfax, Fairfax County Public Schools Student Wellness, Inova Health Systems, Dominion Hospital, and many others.
- Ask questions and **engage**.
- Join us for **refreshments** and **camaraderie**.

All are welcome to attend and learn ways to help the children you care about to live a healthy and substance-free life. Registration is not required.



FAIRFAX - FALLS CHURCH

**Community
Services Board**



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April 2019