



Upstream Suicide Prevention Program

Invites you to join us for an
ID/DDD EDUCATIONAL EVENT

Making Room for Siblings. Making Room for You

- Acknowledge and address common sibling problems.
- Develop solution-focused strategies to assist you and your children in coping with stress.
- Learn the power of **helpful** thoughts!
- Developing your self-care moments.

Wednesday, March 13th, 2019 | 5:30-7:00pm

Held at Bayshore Family Success Center | Henry Hudson Trail Activity Center
945 State Highway 36, Leonardo, NJ 07737

Bring the Kids!

This event includes a hot dinner for families and a child activity!

Please RSVP 732-497-3811 or Familysuccess@cymca.org

Presenters: Mary Fowler, Phyllis Alongi, MS, NCC, LPC, ACS
Upstream Suicide Prevention Program
RWJBH Institute for Prevention and Recovery

