

### **State of Mind Mini-Conferences**

**Saturday, March 19, 12 noon to 4:00 p.m., Issaquah High School**

**Saturday, April 2, 12 noon to 4:00 p.m., Liberty High School**

**Saturday, April 23, 12 noon to 4:00 p.m., Skyline High School**

You are invited to attend one, two or all three State of Mind mini-conferences focused on topics related to youth mental health. Each school mini-conference will have a different focus, including how to cope with stress, how to help friends who are struggling with depression, or how to detach from technology. Each mini-conference will also offer a core of basic classes in topics such as the impacts of drugs on the developing brain, healthy relationships, body image, and living with mental illness. **Registrations for these conferences, as well as programs with a list of speakers and topics, will be available by February 15th. Return here at that time, and there will be a link to this information.**