

Supporting Youth with Mental Health Challenges



Thursday, March 22, 2018, 7:00 pm – 8:45 pm

WCSD Conference Rooms, 105 Casey Rd, East Amherst, NY

Join Williamsville SEPTSA & Mental Health Association of Erie County for a FREE interactive presentation to learn helpful tips and strategies for supporting youth with mental health challenges!

- Learn about mental health resources available to families & youth in WNY.
- Listen to one youth's story of hope, and engage in Q & A with her.
- Walk away with a better understanding of how to best support and engage youth with mental health challenges.



About the presenter: Carly Congilosi is the Youth Peer Coordinator for the Child & Family Support Program at the Mental Health Association of Erie County. She recently received her BA in Psychology from Houghton College. Carly's experience with the mental health care system began eleven years ago when she was diagnosed with depression and Obsessive-Compulsive Disorder (OCD). She was blessed to be surrounded by family, friends, and mental health professionals who walked with her every step of that dark journey, and she can now say with confidence that there is always hope for freedom, healing, and wholeness. Carly is passionate about helping others live abundantly in spite of their diagnoses.



**Mental Health Association
of Erie County, Inc.**

www.eriemha.org



**Williamsville
S E P T S A**

Special Education Parent Teacher Student Association

www.williamsvillesepta.org

Follow @WSeptsa

facebook.com/WSEPTSA