

Unlocking Healthy Conversations: Strategies for Talking with Teens About Mental Health

May 22, 2024

7:00 pm ET

Learn more at



*www.familyaware.org/
trainings*



Join our Free Webinar to learn how to

- Motivate teens to commit to addressing their mental wellbeing
- Validate feelings without enabling concerning behavior
- Discuss difficult topics, such as thoughts of suicide

This program is intended for parents, caregivers, family members, youth workers and caring adults interested in learning about teen mental health and supporting a loved one. Watch the webinar live to submit questions to the presenters.

Rebekah Gibbons, LICSW, is a certified trauma therapist, currently serving individuals aged 15 and up. Her clinical specialties include, trauma, attachment, and adolescent mental health and development. She has extensive experience with adolescents, families, and adults, having worked in community mental health as an outpatient clinician and as an in-home family therapist, as well as a clinician and clinical director at a residential group home for adolescents ages 12-19. Rebekah is also an Associate Professor of Practice and leader of the trauma certificate at the Simmons School of Social Work.



*Families for Depression
Awareness is a national
nonprofit organization
helping families recognize
and cope with depression
and bipolar disorder
to get people well and
prevent suicides.*

*391 Totten Pond Rd, 101,
Waltham, MA 02451
781-890-0220*

*info@familyaware.org
www.familyaware.org*