Palo Alto and the neighboring SF peninsula communities have been significantly impacted by teen anxiety, depression and suicide. CHC is committed to reducing the stigma around mental health and increasing awareness, understanding and action. Learn more about CHC’s Anxious and Depressed Teens Initiative at [www.chconline.org/teens](http://www.chconline.org/teens).

Please join us for these special free events available to everyone in our community.

### Workshop for Parents: *Talk About It: How Heartfelt Communication about Anxiety & Depression Heals*

Monday, March 7, 6:30-8:00 p.m.

CHC’s Dr. Ramsey Khasho and Dr. Eli Merritt, Merritt Mental Health

Learn more and register online: bit.ly/HeartfeltHealing

### Teen Forum: *Safe Voices: A Place for Teens to Talk About Anxiety and Depression in Our Community*

Thursday, March 17, 5:00-7:00 p.m.

CHC’s Dr. Anna Parnes and Bridget Stolee McCormick, LMFT, ATR

Learn more and register online: bit.ly/SafeVoices

### Panel for the Community: *It Takes a Village: A Community Meeting with Expert Panelists on Teen Anxiety, Depression and Suicide*

Monday, April 25, 6:30-8:00 p.m.

CHC’s Dr. Ramsey Khasho and Dr. Glen Elliott; Dr. James Everitt, Sacred Heart Schools; Dr. Steven Adelsheim, Lucile Packard Children’s Hospital at Stanford; Dr. Meg Durbin, PAMF.

Learn more and register online: bit.ly/CommunityVillage

### Let’s Keep the Conversation Going

Your Challenge: Every day for the next 30 days, talk to someone about teen anxiety, depression and suicide. Use #speakupCHC30 on social media.

Let’s tear down the walls of silence and talk about depression. We will. Will you?