



TEEN STRESS: THE 3 C's

- **CAUSES**
- **CONSEQUENCES**
- **COPING**

Join us for an interactive evening presentation with James R. Sands, Ph.D., a licensed Clinical Psychologist as we explore the framework of teen stress management.

When: Monday, March 9th, 2015

Time: 6:30 pm – 8:00 pm

Location: Lincoln Park High School (Main Building)

2001 N. Orchard Street

RSVP to: climatecommitteelphs@gmail.com

Please provide your name and number of attendees

No later than March 4th, 2015.

What is stress?

How common is stress among teenagers?

What are signs of stress among teenagers?

What can contribute to stress among teenagers?

What can a parent do?

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