



Free Family Event on 08/28/2024

“Mental Health 101 – Raising Resilient and Bullyproof Kids”

Join us for refreshments and a speech by Tom Thelen, lead author of *Mental Health 101 For Teens*. Everyone is invited: kids, teens, parents, and community members!

WHEN & WHERE?

August 28th, 2024, 5:30 – 6:30 PM
At Sacramento Valley Charter School

WHAT IS IT ABOUT?

Author Tom Thelen is traveling from Florida to speak at our school! Join us for an inspiring speech about bullying prevention and mental health. The program includes positive advice for building healthier relationships at home and at school. Our Family Event will also include advice for parents and guardians on the topic of “Mental Health 101 - Raising Resilient and Bullyproof Kids.”



Tom Thelen is the lead author of *Mental Health 101 for Teens* and the founder of Reset Schools, a nonprofit that teaches practical mental health skills and resiliency. Since 2012, Tom has spoken at over 900 schools and conferences and has been featured on PBS, CBS, and NBC. He and his wife, Casie, have four school-aged children and a dog named Willie.

KEY TAKEAWAYS WILL INCLUDE

- 7 Tools for Reducing Anxiety (free PDF download)
- Practical steps for responding to bullying and cyberbullying
- Mental health and wellbeing skills
- How to raise resilient kids & teens

Watch a short preview video at <https://TomThelen.com>