

Spectrum C.A.R.E.S Team Presents

CRISIS INTERVENTION

Thursday, March 30 at 7pm

Grand Island High School - Room 110

This District Wide Presentation Program will cover:

- Recognizing anxiety, depression, and self-injury behaviors
- Learn about self-injurious behaviors vs. suicide
- Intervention – What services the CARES program provides, what the professionals to call if there is a concern, as well as different resources in the community that parents can utilize.

EDUCATE YOURSELF:

**Learn how to help your family, friends,
a neighbor, or even a stranger!**

*Presented by the Spectrum CARES Team. Georgina Volanis,
LMHC and Mike Hanson, LMHC-P
Sponsored by VCMS PTA*

*Contact kristenthore@gmail.com with any questions or the Spectrum
CARES Team at 882-4357*



Everyone in the Community is welcome!