



Navigating the Mental Health System

FREE ZOOM WEBINAR: WEDNESDAY, JANUARY 26, 7-8:30 P.M.

*Is your child experiencing stress, anxiety, depression, and/or troubling behaviors?
Of course, you are concerned about this health issue, and so are your
child's teachers, school counselors, friends, and other family members.*

Where do you turn for care, support, and guidance? What would be the best fit for your child?
How can you empower yourself, your child, and your family?

Join us to learn the answers to these questions from a team of mental health providers:

- **Access Services**
Moira Tumelty, MS, NCC, Director of Crisis Services for Montgomery County Mobile Crisis
AmandaGrace Krier, Teen Talk Line
- **Aldersgate**
Pat Wilcke, MFT, Clinical Program Coordinator
- **Child and Family Focus**
Alex Brogan, School-Based OP Director
Jamie Spicer, Case Management Supervisor
- **HopeWorx**
Clare Higgins, Program Director, Family Advocacy and Satisfaction Programs
- **NAMI of Montgomery County, PA**
Abby Grasso, MSW, Executive Director

Learn more about the Student Assistance Program (SAP), school-based outpatient services, case management, mobile crisis, teen support, intervention services, personal experiences, being your own advocate, partnering with your child's school, and more!

Register at <https://bit.ly/NavigatingMentalHealth>



For more information contact Wendy Rosenfeld,
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For more information on Cheltenham CTC,
visit www.CheltenhamCommunitiesThatCare.org.

