

# Supporting Teens in Reducing Their Stress (and ours!)



Nationally renowned clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his very powerful message – we need to support young people in both words and actions if we want them to make healthy choices for themselves.

This event will focus cover the following topics:  
Resilience ~ Substance Abuse Prevention ~ Stress Reduction ~ Adolescent Brain Development

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WEDNESDAY, APRIL 10TH, 2019

6:00 - 7:00PM

BARKALOW MIDDLE SCHOOL - GAM CENTER

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RSVP requested, but not required :)

Courtney Colford, SAC - Freehold Township Schools  
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**LIGHT REFRESHMENTS WILL BE SERVED!**