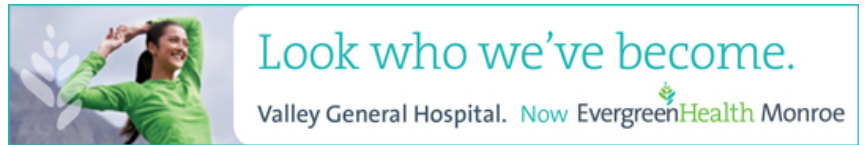


THE MONROE MONITOR & VALLEY NEWS



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Community Coalition hosts event on youth suicide

By: Monitor Staff | March 31, 2015 | Briefs Monroe News News | 346 Views

The Monroe Community Coalition is hosting an event entitled "An Adult's Role in Preventing Youth Suicide" at Park Place Middle School (1408 W. Main St.) on Thursday, April 2 from 6:30 to 8 p.m.

The program will help parents: Understand more about the causes and symptoms of stress, anxiety, and depression; Understand that children/teens watch adults more than they listen to them and that what adults do (i.e., handle their own stress) makes a difference; Know when to worry and to be able to differentiate "normal" behavior from behavior that warrants professional help; Recognize the risk factors and warning signs for depression and suicide; Know how and where to access professional resources; and Recognize when to seek help for a child/teen in emotional distress. Not doing so can leave the child/teen feeling hurt and more alone.

The event will be in the commons. Childcare will be provided.

For more information contact Carlos Elles at 425 -239-8026 or Mary Myers at 360-804-2600.

WEATHER

Monroe, WA

Today	Thursday
Partly Cloudy 63°/38°	Clear 65°/42°

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Monitor Staff

The Monroe Monitor/Valley News is a weekly newspaper available by subscription and at newsstands throughout Monroe and the Skykomish Valley. Established in 1899, The Monitor serves local residents and businesses and is the only newspaper that reaches the entire valley.



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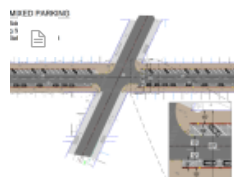
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