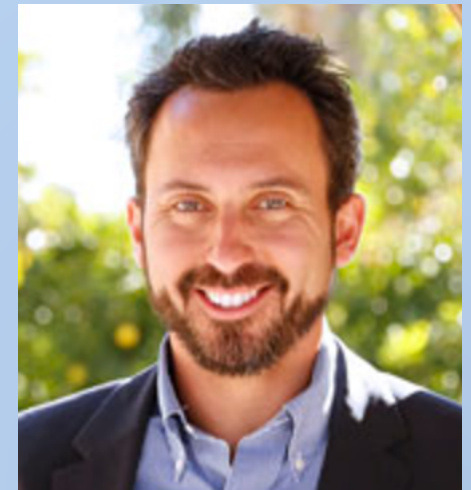


Free Skills Workshop: Tools for Teens

Teens ages 14-18- Learn Skills to Combat
Anxiety and Depression

5-day workshop by Dr. Jacob Towery

In conjunction with the Mental Health
Subcommittee of SELPA 1 CAC



Dr. Jacob Towery, MD
Adjunct Clinical Faculty,
Stanford University School
of Medicine and author of
The Anti-Depressant Book

Anxiety workshop: June 12-16, 9am-4:30pm

Mandatory orientation: May 20, 9am-11:30 (teen with
parent) Plus prescheduled 15 minute personal interviews, time TBD

Depression workshop: August 7-11, 9am-4:30pm

Mandatory orientation: June 17, 9am-11:30 (teen with
parent) Plus prescheduled 15 minute personal interviews, time TBD

Learn more: jacobtowerymd.com/tools-for-teens

Or call: Kris Kim: 650-714-3783, or Trudy Palmer 650-208-9116

Anxiety Orientation Eventbrite Registration: <https://anxiety-workshop.eventbrite.com>

Depression Orientation Eventbrite Registration: <https://depression-workshop.eventbrite.com>

The two FREE 5-day workshops are for a select group of teens. Students will be selected after they have attended the mandatory orientation session followed by a brief meeting with Dr. Towery.