

Helping Teens & Families Navigate Mental Health & Wellness



Depression, Suicide and Grief

Wednesday, April 26, 2023 | 6 - 7 p.m.

Online Webinar

Price: Free

Since the onset of the COVID-19 pandemic, health care professionals have been working to combat rapid increases among teens and children as young as age 7 who are struggling with depression, anxiety and trauma. Mental health is at the forefront our national agenda, with recent information released by the U.S. Surgeon General indicating that teen mental health issues, in particular, are reaching epidemic proportions.

Please join Hoag's ASPIRE program teen mental health experts as they discuss the impact of this growing problem and what is being done to help support teens, parents and families related to adolescent behavior and brain development.

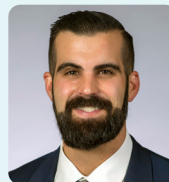
This free educational discussion is hosted by the ASPIRE program in Hoag's Pickup Family Neurosciences Institute and Capistrano Unified School District.

Featured Speakers



Sina Safahieh, MD

Child and Adolescent Psychiatrist
Program Director, ASPIRE at Hoag



David Cook, LMFT

Lead Therapist, ASPIRE at Hoag

ASPIRE (After School Program for Interventions and Resiliency Education) at Hoag is designed to help young people experiencing emotional and neurobehavioral problems, including depression, anxiety, trauma, grief and other symptoms related to mental health issues.

hoag.org/ASPIRE



To register scan the QR code on your mobile device.