

Utica Cares and Supports WELLNESS

**You Matter:
A Live YouTube Event
January 19, 2021: 7:00 pm**

A discussion for caregivers on the importance of social-emotional mental wellness in children.

Good mental health allows children and young people to develop resilience and coping skills as they grow.

**“What mental health needs is more sunlight, more candor, and more unashamed conversation.”
- Glenn Close**

Visit [www.uticak12.org/UCS Wellness](http://www.uticak12.org/UCS_Wellness) for event link.

Presentations by:

Whitney Cuson, UCS Psychologist

Darcy Eisenberg, UCS Social Worker

Catherine Livingston, UCS Counselor

Melissa Mandl, UCS Psychologist

April Raupp, UCS Counselor

Kim Twarowski, UCS Counselor

Upcoming session March 15: We Matter



UCS WELLNESS
PHYSICAL • MENTAL • SOCIAL

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