

May is Mental Health Awareness Month!



Brook Lane's FREE Mental Health Awareness Programs

Tuesday, MAY 8, 2018 **Social Media and the Adolescent Brain**
7-8:30 pm by Susan Corley, LCSW-C – Brook Lane

Social Media, in all its various forms, has become an integral part of the teenage experience. It can have both positive and negative effects during a time when teens are developing their sense of identity and peer influence and acceptance is so important. This program will explore vulnerabilities of the teenage brain and the influence social media can have on adolescent behavioral health.

Thursday, MAY 10, 2018 **Substance Abuse in the Family: The Importance of Self-care**
7-8:30 pm by Donna Fogle, LCSW-C – Brook Lane

Someone suffering from substance abuse impacts everyone around them. This program will focus on how family members can take better care of themselves and learn not to enable the substance user. Harm reduction will also be covered.

Monday, MAY 14, 2018 **Social Media and the Adolescent Brain***
7-8:30 pm by Susan Corley, LCSW-C – Brook Lane
* This program is being repeated at Grossnickle Church of the Brethren
11301 Meeting House Road, Myersville, Maryland

Tuesday, MAY 22, 2018 **Coping with Anxiety**
7-8:30 pm by CB Benway, CRNP -- Brook Lane

Everyone experiences anxiety at some point, it may be before an important event such as a big exam, business presentation or first date. Anxiety disorders, however, are illnesses that cause people to feel frightened, distressed and uneasy for no apparent reason. Learn about the different kinds of anxiety disorders and treatment options.

Thursday, MAY 24, 2018 **Understanding Depression**
7-8:30 pm by Evan Dickstein, CRNP – Brook Lane

Depression is one of the most common mental illnesses and it effects more than 19 million Americans each year. It can occur in anyone, at any age, and to people of any race or ethnic group. Depression is very treatable. Join us to learn more about the signs and symptoms of depression as well as current treatments.

Please visit www.brooklane.org "Current Events" for more details

These programs will be held in the Community Room at Brook Lane's main campus:

13121 Brook Lane, Hagerstown, MD 21742, except for May 14.

Please call 301-733-0331 x1349 or 800-342-2992 x1349 to register.

Visit www.brooklane.org for driving directions.

