



# Supporting Mental Health

## Understanding the Basics of Depression and Anxiety

**Monday, June 6**

**7:00pm - 8:30pm**

**@ Clarence Public Library**

3 Town Pl, Clarence, NY 14031

REGISTER TO ATTEND BY June 3rd:  
Scan QR code below to register



### TOPICS COVERED

- Depression and Anxiety Basics
- Understanding warning signs
- Strategies to support
- Q and A

## Meet the Presenters

### **Annmarie Legge**



Annmarie and Nicole are Licensed Mental Health Counselors who specialize working with teens across WNY. They offer both individual and group settings sessions. They are both passionate about finding ways to focus on prevention-based measures to support the mental health of our community. Both are uniquely skilled in working with teens who might be experiencing depression and anxiety

### **Nicole Cornell**



This program has been made possible through the ongoing partnership between the Clarence School District Family Support Center and the Clarence Public Library

For more information: please contact the Clarence CSD Family Support Center at 716-407-9244