



Presented by:



In partnership with:



3RD ANNUAL

# FAMILY Education Day

## MENTAL HEALTH HUDDLE

### GAME PLAN FOR MENTAL WELLNESS:

Huddle up with other families before the big game and learn from an A-team of experts on mental health.

Get game-changing insights on supporting yourself & loved ones through anxiety and depression in a fun, supportive atmosphere!

Adolescents (14+) and young adults with depression or anxiety and their parents or caregivers are invited to attend insightful sessions covering topics such as:

- Adolescent Brain Health
- Latest Treatments for Anxiety & Depression
- Peer Support
- Personal Stories from Individuals & Families Affected by Mental Health Conditions



JOIN US AT THE  
CINCINNATI  
ZOO

REGISTER  
HERE



SUN • 2/9/25  
9:30AM - 2:30PM

[cincinnatizoo.org/familyeducationday2025](http://cincinnatizoo.org/familyeducationday2025)

Families will have the chance to experience a wild ANIMAL ENCOUNTER!



\$12/person\*  
Includes Breakfast & Lunch  
+ ZOO admission for the day!

\*Scholarships available based on financial need.

Email [info@1N5.org](mailto:info@1N5.org)

