



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

**REGISTER
HERE**



JOIN US AT THE
CINCINNATI
ZOO



SUN • 2/9/25
9:30AM - 2:30PM

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*