

# FREE Parent Workshops!

*Come join us at the Pleasanton Public Library for  
2 informative evenings about critical issues that affect our youth.  
Both evenings will be presented by staff from the Community Education Program  
at Crisis Support Services of Alameda County*

**Bullying, Cyber-bullying and our Teens**  
May 24, 2011 from 7 – 8:30 pm

**Did you know that about 1/3 of teenagers report being bullied during a school year? Have you ever wondered if your child has ever been bullied or why kids bully and how bullies differ? Come learn how to identify if your teen is being bullied, how to prevent it, and how to provide support if they are!**



**Teen Suicide Prevention: How Parents can Help**  
May 31, 2011 from 7 – 8:30pm

**How do you know if your teen is depressed? What's the difference between the normal "ups and downs" and depression? Come learn how to recognize the warning signs of depression and how to speak with your teen who may be thinking about suicide.**



## **No Registration Required**

**Location: LARGE MEETING ROOM**  
Pleasanton Public Library  
400 Bernal Avenue, Pleasanton, CA 94566

**Presenter: Cristina Rita, MA**  
**Contact Info: Mercedes Coleman**  
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**CRISIS SUPPORT SERVICES**  
of Alameda County