

Olathe Public Schools invite you to a Parent Seminar.

Issues in Mental Health: A Family Speaker and Support Series

Self-Care: Coping, Stress Reduction and a Healthy Life Balance

**Tuesday, May 16, 2017
7:00 p.m.**

**Reception beginning at 6:30 p.m.,
Presentation at 7:00 p.m.**

**Technology Support Center
14250 South Black Bob Road**

Please join us for the opportunity to learn from an expert, ask questions, and network among a support system of parents.

Liz George, LCSW has been working with youth and families for over 30 years in a variety of settings. Since 1993, she has worked at Johnson County Mental Health in the Family Focus Program. She started in Family Focus supplying in-home family therapy and currently is a team leader who supervises case managers and therapists who are working to maintain youth with serious mental health issues in their home and community.

Throughout her career, Liz has worked with families facing challenging situations. For the past few years, Liz and her co-presenter have researched the areas of self-care and coping while meeting with parents monthly to help them identify and address their own self-care.

Angela Guzman, MA is the Parent Support Specialist at Johnson County Mental Health/Family Focus. Mrs. Guzman received her Master of Arts in art therapy at California State University, Los Angeles. She holds undergraduate degrees in psychology and fine art. She is currently enrolled in KU's MSW program. Angela has worked in community based mental health since 2000 in LA and Johnson County, providing mental health services to children, adolescents and their families. She is also the mother of 3 children and experiences the need for self-care regularly.

Please call Michael McGuire at 913-780-7014 should there be a need for interpretation services.

A committee of school staff and community partners have identified the most common dilemmas students and parents face. This quarterly speaker and support series aims to educate the Olathe Public School community, share connections to resources/agencies, and provide a forum for parents to create a network of support.

