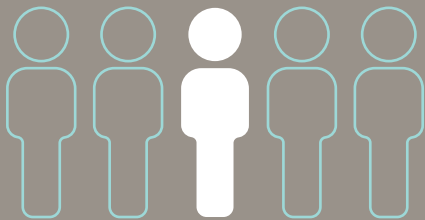




BUILDING A COMMUNITY OF CARING:  
**YOUTH AND ANXIETY**



**1 IN 5 CHILDREN**

ages 13–18 have, or will have, a serious mental illness

Source: NAMI

Join the conversation about mental health in our community to learn about anxiety disorders in youth and treatment options. Pravesh Sharma, M.D., psychiatrist, and Anita Vlcek, psychotherapist, Mayo Clinic Health System, will address how we can create a community of caring, and build mental health and resiliency in youth. Parents, teachers, mental health professionals and community members interested in children’s mental health are invited.

**Tuesday, May 21**

**5:15 p.m. — Social hour, light hors d’oeuvres and vendor tables**

**6 p.m. — Presentations**

**Pablo Center at the Confluence | 128 Graham Ave., Eau Claire**

Event is free; tickets are limited. Go to [pablocenter.org](http://pablocenter.org), call 715-832-ARTS or stop in to the box office during business hours to reserve your tickets today.

*The program is supported by National Alliance of Mental Illness (NAMI) Chippewa Valley.*

**MAYO CLINIC HEALTH SYSTEM**  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

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