

Community Event- Free and Open to the Public

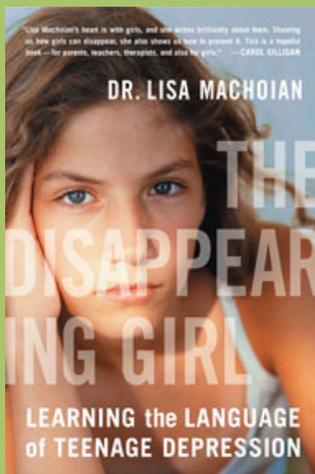
# Dr. Lisa Machoian

Save The Date:  
**March 12, 2014**

*A national, Harvard-trained expert on adolescent mental health with a specialty in girls and the psychology of women, Dr. Machoian will be coming to Martha's Vineyard to support staff, professionals, parents and youth with the increasing issues involving our youth and their challenges around managing stress and anxiety.*



**6:00-7:30 pm Presentation at the High School PAC  
Followed by Panel Discussion with Island Health Care Providers**



## Stress, Anxiety, and Coping In Teens

Teens and pre-teens are facing increasing stress with social media and the digital age, peer pressures, cyber bullying, popularity, school achievement, and the multiple changes of adolescence. These pressures are contributing to mental health risks for youth, including increasing rates of stress, anxiety, depression, and low self-esteem. Developmentally, youth may not have adequate coping skills to manage increasing stressors. **This talk will provide valuable insight into the lives of youth 11-17, and will focus on providing parents and community members with helpful strategies to foster healthy coping and resilience.**

