

# SHADY GROVE YMCA COMMUNITY TALK

# STRUGGLING TEENS

NORMAL GROWING  
PAINS OR MENTAL  
ILLNESS?



May 16, 7 – 8:30 p.m.

Teenagers face a host of pressures and are going through a time of tremendous change. It isn't always easy to recognize the difference between normal teenage growing pains and mental illness. Teen mental illness is more than moodiness and can be a serious health problem that impacts every aspect of a teen's life and the entire family. Fortunately, there are many resources available for teens and parents alike to help children who are suffering from anxiety, depression and other types of mental illness.

Join us for a conversation with **Anne Moss Rogers, who serves as the President of Beacon Tree Foundation**, as she shares her experience of her son, Charles. Charles died by suicide in 2015 after facing his own personal battles with depression and addiction. Anne Moss is also the owner of **emotionallynaked.com** where she advocates for youth mental health and is a public speaker on the **topics of suicide, addiction, mental illness and grief**. Beacon Tree Foundation is dedicated to being an advocate for the family, providing support and financial resources to help heal children and teens struggling with mental health issues and to provide hope for the future. This event will focus on education, awareness and understanding the issues teens face today, in particular mental health.

Please register at: [rsvpsg@ymcarichmond.org](mailto:rsvpsg@ymcarichmond.org)



Beacon Tree  
foundation

