

Spectrum C.A.R.E.S Team Presents

# **CRISIS INTERVENTION**

**Thursday, March 30 at 7pm**

**Grand Island High School - Room 110**

This District Wide Presentation Program will cover:

- Recognizing anxiety, depression, and self-injury behaviors
- Learn about self-injurious behaviors vs. suicide
- Intervention – What services the CARES program provides, what the professionals to call if there is a concern, as well as different resources in the community that parents can utilize.

## **EDUCATE YOURSELF:**

**Learn how to help your family, friends,  
a neighbor, or even a stranger!**

*Presented by the Spectrum CARES Team. Georgina Volanis,  
LMHC and Mike Hanson, LMHC-P  
Sponsored by VCMS PTA*

*Contact [kristenthore@gmail.com](mailto:kristenthore@gmail.com) with any questions or the Spectrum  
CARES Team at 882-4357*



***Everyone in the Community is welcome!***