

Jewish Family Service of MetroWest  
joins the Got Blue Collaborative in Presenting  
The Third Annual JFS Joseph F. Goldberg Memorial  
Learning Disabilities Seminar

## KEEPING OUR KIDS HEALTHY: Navigating the Emotional Well-Being of Teens & Young Adults

**THURSDAY, NOVEMBER 19, 2009, 7:30 PM**  
Livingston High School, 30 Robert Harp Drive, Livingston, NJ

**FREE & OPEN TO THE ENTIRE COMMUNITY**

Guest Speakers: *Alison Malmon & Jess Shatkin, M.D., MPH*

- Responses to stigma & mental health struggles
- The uniqueness of depression in adolescence
- The vulnerabilities that accompany depression
  - Stigma as it affects college students
- Mental health issues and trends in college age students



*Alison K. Malmon* is founder and Executive Director of Active Minds, Inc., the nation's only organization dedicated to utilizing the student voice to raise mental health awareness on college campuses. Alison formed the organization in 2001, following the suicide of her only sibling, 22 year old brother Brian Malmon.



*Jess Shatkin, M.D., MPH*, Director of Education and Training at NYU Child Study Center, is the director of undergraduate studies for the country's first college minor in child and adolescent mental health.

Guest Panelists will include: high school guidance counselor, college clinical counselor, human resource professional and student who experienced depression.

**Pre-registration is required.**

**For more information or to register please call Sylvia Heller at JFS  
973-765-9050, ext. 262 or email [sheller@jfsmetrowest.org](mailto:sheller@jfsmetrowest.org)  
For additional programs visit our website at [www.jfsmetrowest.org](http://www.jfsmetrowest.org)**

Co-sponsors: Jewish Family Service of MetroWest, Mental Health Association of Essex County, New Jersey Governor's Council on Mental Health Stigma, Jewish Service for the Developmentally Disabled, Jewish Vocational Services, Mental Health Association of Morris County, Depression and Bipolar Support Alliance Succasunna, Livingston Municipal Alliance Committee, JESPY, United Jewish Communities of MetroWest

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