



# Holy Cross Catholic Secondary School

## 2017/18 Speaker Series on Teen Mental Health

**Dr. Mike Condra, Ph.D., C. Psych.**



### Session 1: Teen Stress and Anxiety

**Thursday September 21<sup>st</sup>, 2017 at 7:00pm, Lecture Theatre**

**Holy Cross CSS  
1085 Woodbine Rd.  
Kingston, Ontario  
K7P 2V9**

Dr. Mike Condra is a Clinical Psychologist and Adjunct Assistant Professor in the Department of Psychology at Queen's University. For more than two decades he was the Director of what is now Wellness Services at Queen's. As part of his work, Mike spent a lot of time supporting and counselling students, as well as meeting with parents.

At this session, Dr. Condra will discuss stress vs anxiety, offer strategies for parents to help teens work through their stress and anxiety, identify when issues need more attention and where to turn if more help is needed.

**Admission is free.** Open to all parents, caregivers or community members who want to learn more.