

Youth Ministry Parents and Friends Community Resources Program

Fourth Monday of the Month
6 PM | Dinner Provided
RSVP at ourladyoffatima.org

OLOF Youth Ministry is offering a new program for any parishioner or community member who would like to attend. The goal of this program is to provide everyone in our community with access to information, skills, and resources to be able to help youth they encounter in our community. We will bring in speakers to share about different topics such as safe dating, substance usage, mental health, creating healthy communication and more.

Many may think that these issues are only for parents or educators of older children. However, this information is relevant and important for everyone in our community- parents of young children, peers, empty nesters, volunteers, etc. There is nothing we will ever do that is more important than protecting the youth of our community, and protecting our youth starts with you.

Upcoming Programs

- **January 28- QPR Training- Question, Persude, Refer.** In 2017, there were 142 deaths by suicide in Tennessee between ages 10-24. Suicide is the leading cause of death in children ages 10-17. This evidence based suicide prevention training teaches you how to recognize signs of suicide in children of all ages and how to help a child or teenager in crisis
- **February 25 and March 25- TBA (See below)**
- **April 22-National Alliance on Mental Illness (NAMI)- Youth and mental health.** NAMI will cover the major mental illnesses, recognizing them in your child or other youth, and answer questions on how you can help.

TBA Programs

- **Healthy Dating:** recognizing signs of abusive relationships, and how to help youth have healthy relationships with friends, significant others, and parents- presented by the Blount County Health Department.
- **Stages of Substance Use Dependency:** Recognizing the different types of substances, substance use disorders, and signs of dependency-presented by Cornerstone of Recovery

**Contact Luis Ramos or Sarah Parsons for more information
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