

Helix Charter High School

Check Your Mood Week

Come join us to hear about Check Your Mood Week
and how you can support your child



- Help students understand that depression is a treatable illness
- Teach students the symptoms and risks of depression
- Provides teens with information about how they can help themselves or a friend

Upcoming Events:

Informational Meeting for Parents and Guardians

Thursday September 5, 2019 @6:00 pm in room 1600

For questions contact:

Or

Judi Park, San Diego Youth Services Program Manager (619) 258-6877 Ext 3274 jpark@sdyouthservices.org