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Parent Network of Catholic High Schools is pleased to present.....

“How to Recognize and Help Our Teens Cope with Stress, Anxiety and Depression”

Panel Discussion Led by Dr. Linda Popp-Bock

Dr. Linda Popp Bock, a licensed Psychiatrist with approximately 40 years of experience, graduated from University of Missouri – Columbia School of Medicine. She completed her residency at St. Louis University Hospital and her fellowship at Washington University Hospital. Specializing in child and adolescent psychiatry, Dr. Bock has extensive experience treating patients who suffer from stress, anxiety, depression and sleep disorders. Dr. Bock will lead a panel discussion with guidance counselors from two of our St. Louis Catholic high schools and Fr. Augustine Wetta, Director of Chaplaincy from St. Louis Abbey/Priory School.

Date/Time: Tuesday, September 22, 2015 - 7:00 PM

Location: Chaminade High School – Rotunda Outside the Theater

“The St. Louis High School Party Scene: How to Protect our Teens from Substance Abuse”

Presenters: Scott Snodgrass, M.A., Bridgeway Behavioral Health Officer Daniel Zarrick, St. Louis Metro Police Department

Scott Snodgrass holds a Bachelor's degree in Sociology and a dual masters' degree in Professional and School Counseling. Scott has spent a majority of his 14-year professional career in the human service field. Scott counsels teens struggling with substance abuse and addiction. Scott, along with **Officer Daniel Zarrick**, will educate us on what is occurring on the St. Louis high school party scene and provide counsel on how we can protect our teens. Yes – heroin is rampant in St. Louis and today's marijuana is not the same marijuana that was prevalent in the '60s/'70s. They will arm us with information about “skittles parties” in which prescription drugs from parents and grandparents medicine cabinets are dispersed to the party attendees. You won't want to miss this most informative session!

Date/Time: Thursday, October 29, 2015 - 7:00 PM

Location: Ursuline Academy – Theater