

# **Somerset County Office of Youth Services & Safe+Sound Somerset**

**Present**

## **The Impact of Violence and Trauma on our Youth**

**Staff+Sound Somerset Staff- Ana Diaz, MA, MSW, LSW**

**Director of Programs; Lauren Lia, MSW, LCSW: Clinical Coordinator**

News coverage, social media and ongoing discussions of community violence exposes youth to existing threats to their well-being. The presentation will look at the impact of violence and trauma on the development of youth and will address appropriate interventions. Covered will be how to identify symptoms of anxiety, depression, substance use and suicidal ideation and will speak to the various community supports available for services.

Current trends in Somerset County will be explored to further the discussion on impact and response.

**Friday January 24, 2020**

**Somerset County  
Human Services Building  
27 Warren Street  
Somerville, NJ 08876**

**Conference Room 1  
9:00 AM-11:30 AM  
(8:30 AM registration)**

**To register for this FREE workshop  
contact Gretchen Craig at  
[gcraig@co.somerset.nj.us](mailto:gcraig@co.somerset.nj.us)**

- Professional Development credits available**
- Free parking in the adjacent parking deck third level or higher**
- Participants may bring their own coffee and snack**



*The Bernards Township Municipal Alliance presents:*

# SCREENAGERS NEXT CHAPTER

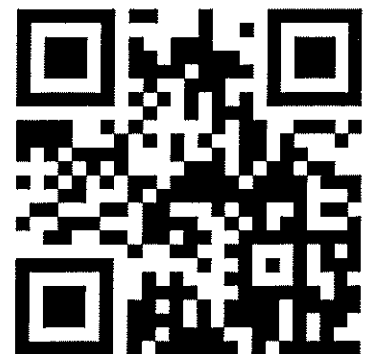
**UNCOVERING SKILLS FOR STRESS RESILIENCE**  
**A Documentary Screening  
& Parent Presentation**

*High stress, anxiety and depression are experienced by millions of young people. We follow physician and filmmaker, Delaney Ruston, as she discovers solutions for improved adolescent well-being in the digital age.*

**WHEN:** Thursday, January 23, 2020  
Movie at 6:30 pm -  
Presentation to follow

**WHERE:** Ridge High School PAC  
268 South Finley Ave.,  
Basking Ridge, NJ 07920

**TICKETS:** FREE! Reserve your seat at:  
<https://tinyurl.com/yy8a83of>  
or scan QR code



Scan Me!

**MORE INFO:** Visit [www.bernardsalliance.org](http://www.bernardsalliance.org)



Promoting Public Health  
Bernards Township Health Department

Bernards Township  
**Municipal Alliance**  
Against Substance Abuse

GCADA Governor's Council on  
ALCOHOLISM & DRUG ABUSE