



**BEDFORD PTG AND  
BEDFORD SCHOOL DISTRICT  
PRESENT**

**Mental Health &  
Wellness Series**



**04/08**

**Parents of High  
Schoolers: a deeper  
dive - how to best  
support your teens'  
wellness**

*During COVID and Non-COVID times.*

**PARENTS OF HIGH SCHOOLERS: A DEEPER DIVE – HOW TO BEST  
SUPPORT YOUR TEENS' WELLNESS**  
*(DURING COVID AND NON-COVID TIMES)*

**THURSDAY, APRIL 8<sup>TH</sup> AT 7PM  
HELD IN THE BEDFORD HIGH SCHOOL THEATER  
BROADCAST LIVE ON BCTV CHANNELS 23 & HD 1072  
VISIT [BEDFORDPTG.ORG](http://BEDFORDPTG.ORG) FOR MORE INFORMATION**

**Discussions will be led  
by Diane Vaccarello,  
Licensed Family  
Therapist**