

DON'T GET YOUR TINSEL TANGLED!

Tips to manage your child's mental health this holiday season.



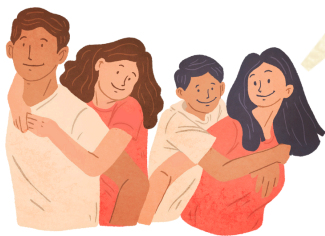
**KEEP UP
WITH
ROUTINE**



**GET
OUTSIDE**



**MAKE
TIME FOR
QUIET**



**MAINTAIN
YOUR
SUPPORT**



**MAKE
TIME FOR
FUN**



**IT'S OK
NOT TO BE
OK**

810-987-1311

Call to scheduling a counseling
appointment!