



# DON'T GET YOUR TINSEL TANGLED!

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



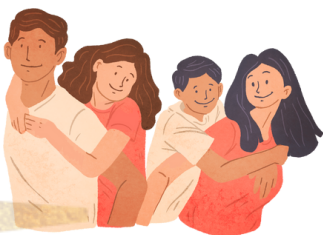
**KEEP UP  
WITH  
ROUTINE**



**GET  
OUTSIDE**



**MAKE  
TIME FOR  
QUIET**



**MAINTAIN  
YOUR  
SUPPORT**



**MAKE  
TIME FOR  
FUN**



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

Clinics are open year round!

**810-987-1311**

Call to scheduling a counseling  
appointment at a location nearest  
you!