



SUFFOLK
PUBLIC SCHOOLS



THE ERIKA'S LIGHTHOUSE PROGRAM

We invite 8th and 10th grade parents to join our Parent Night webinar to preview information that will be presented during Health & PE classes.

Tuesday, March 25 @ 6:00PM

Suffolk Public Schools is partnering with Erika's Lighthouse to implement a depression and suicide awareness program for our 8th and 10th grade students. This program was developed by a highly respected mental health education and advocacy organization, Erika's Lighthouse: A Beacon of Hope for Adolescent Depression.

PROGRAM GOALS:

- Raising awareness of depression and its symptoms.
- Reducing the stigma surrounding mental health issues.
- Encouraging the utilization of support services if necessary.

How to attend:

- Complete the Parent Registration Form using the link or by scanning the QR code.
 - A link to the webinar will be emailed to all registered participants on March 24th.
- Registration ends on March 23rd.



**Classroom Presentations:
March 31st - April 2nd in Health & PE Classes**

<https://bit.ly/4eKfMsZ>