



Helping System-Involved Youth with Holiday Sadness and Pressures

While the holiday season can be a joyous time for many, it can also be a difficult time. It is a time of year that many experience depression, loneliness, and increased stress. For many system-involved youth this can be exacerbated as they are not with their families. This training will discuss risk factors and contributing factors for holiday depression and stress. You will also learn strategies to support system-involved youth who may be struggling during this time of year.

Presented by Dr. Nancy Acosta, Lead Trainer, Klasey Consulting

For more info, email Gabriela Magallon at gmagallon@californiacasa.org

[Register](#)

December 4, 2024
12:00 PM - 2:00 PM



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