



# **Parent Enrichment Night**

## **Mental Health: Depression and Anxiety in Youth**

### **Guest Speaker: Aliana Henry, MA, LPC, NCC**



Aliana Henry is the Clinical Director of Refuge Nampa Office. Aliana has a background working in numerous church ministry positions, public affairs, and various side jobs such as teaching snowboarding and dance. Aliana has a Master of Arts in Clinical and Mental Health Counseling from George Fox University and a Double Bachelor's in Biblical Studies/Theology and Communications from Multnomah University.

**Wednesday October 10**  
**7:00pm-8:30pm**

**Secondary Campus**  
**Cafeteria**

*How do we talk about mental health in a Kingdom Culture?*

*How are we to address mental health issues in a Kingdom Culture?*

*Is a mental health issue always a spiritual issue?*

***Come for an evening of education and support as we learn to best reflect Christ to our children and those around us!***

*Light Refreshments provided*

*Inquiries: Amanda Duerre or Maria Scott*

**Nampa Christian Schools**  
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