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Tri-Town Council Awarded \$1500 Grant from Kyle Cares, The Kyle Johnson Foundation

Tri-Town Council was recently awarded a \$1500 grant from KyleCares, The Kyle Johnson Foundation, a non-profit organization dedicated to promoting open and honest communication about the mental health challenges teens and young adults face in today's society. KyleCares was founded by the Johnson family in homage to Kyle, their kind, funny, profoundly compassionate son and brother who died by suicide in 2018, as a way to honor his final wish "to talk openly about the importance of mental health and suicide". The foundation's mission focuses on helping teens, young adults parents, guardians and caregivers become more knowledgeable about mental health and suicide which will enable them to seek help "for themselves, their loved ones, or their friends, and to know where to turn for the support services they desperately need."

With the generous support of KyleCares, Tri-Town Council is hosting 3 webinars open to all in October and November as part of the Lisa G. Teichner Speaker Series, in honor of former Executive Director Lisa Teichner who retired in 2019. On October 15th and 22nd from 7 - 8PM, Minding Your Mind's Jon Mattleman will host "[The Secret Lives of Teens and Tweens](#)" where participants will learn about teen brain development, how to support mental health and prevent risk behaviors. Clinician Linda Price is presenting "[Parenting with Intention: Building Resilience in K-5 Youth](#)" on Thursday, November 5th from 7 - 8PM for parents, guardians and caring adults of youth in grades K - 5. The presentation will explore the skills required to care for young children during COVID19 so they can thrive in this new and unusual home-school-work environment that so many families are juggling. Linda will talk about resilience and share strategies for managing family life, including mindful parenting techniques, identifying and reducing your child's stress and anxiety, and creating balance for your family. All programs have time reserved to answer participant questions.

Executive Director Meredith Shaw shared, "TTC is grateful to KyleCares for the support. We know that both programs will offer helpful tools, resources and strategies to help families support skill building, understanding, and open communication about mental health - especially during these incredibly challenging times."

For more information and to register for these free webinars, please go to tritowncouncil.org/events.

If you are struggling or have concerns about yourself or a loved one and need to talk it through, TTC sponsors Project Safety Net - a 24/7 helpline. Call or text. Anytime.

