

# Glendale Unified Student Wellness Services and the Armenian American Mental Health Association Presents

## MENTAL HEALTH FORUM:

### LEARN HOW TO MANAGE DIFFICULT EMOTIONS DURING THE HOLIDAY SEASON

#### Panelists

- Amalya Tagakchyan, LCSW
- Anna Grigorian-Routon M.S.
- Lina Chmiel, Psy.D.

#### Discussion Topics

- Managing emotions as parents during the holidays.
- How to make the holiday season brighter for families.
- Strategies for coping with COVID-19 restrictions.

WEDNESDAY,  
DECEMBER 9  
5:30 PM - 7:00 PM

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