

# Parents Have Your SAY! You Talk. They Listen. It's True.

## Join the SAY Parent Roundtable!

### Social Media and the Impact on Teen Mental Health

Tuesday, February 5, 2019  
6:30-8 p.m.

Bellefaire JCB, Building "A" Blue Room  
One Pollock Circle, 22001 Fairmount Blvd. in Shaker Hts.

*Are you concerned about your teen's use of social media? This is an opportunity to hear what an expert has to say and discuss with other parents. Join us for a conversation with:*

**Chris Ruma-Cullen, LISW-S, CDCA**  
Director of SAY  
and

**Heather Rice, Ph.D., APRN-CNP, PMHS**  
Certified Nurse Practitioner in Child and  
Adolescent Psychiatry



**SAY's Parent Roundtable** is a group of parents who meet quarterly to discuss teen issues, promote parent education and community events, and provide guidance and support in connecting with teens in positive, healthy ways. Our mission is to strengthen the relationship between parents and youth, as well as the connection to their school and community.



*SAY – Social Advocates for Youth is a school-based prevention and early intervention program of Bellefaire JCB for students in middle and high school. SAY services are offered in six east suburban school districts in Cuyahoga County: Beachwood, Chagrin Falls, Cleveland Heights-University Heights, Orange, Shaker Heights and Solon.*

Information and RSVP:  
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