

Mental Health Awareness Month Event:

# Mental Health & Youths with Disabilities

## How can we work together to make difficult conversations more accessible?

In celebration of Mental Health Awareness Month, parents, caregivers, and youths with disabilities are invited to an evening of learning and connection!

Children and adolescents with disabilities are 20–30% more likely to develop co-existing mental health issues compared to their peers, and they may face challenges in communicating thoughts and feelings, developing appropriate strategies for support, and creating accessible outlets for emotional regulation. At this event, parents and caregivers can connect with their community to learn how to have these conversations effectively with their children, and youths with disabilities can explore accessible methods of self-expression!

Library Director: Amy Smith

Workshop presenter: Josh Garay, PEP Coordinator  
Taconic Resources for Independence, Inc.  
[j.garay@taconicresources.org](mailto:j.garay@taconicresources.org)

**May 19<sup>th</sup>**  
6pm to 8pm

**LIMITED CAPACITY!**

**Dover  
Plains  
Library**

**DOVER PLAINS LIBRARY**  
**1797 ROUTE 22**  
**WINGDALE, NEW YORK 12594**

**TO REGISTER, SCAN HERE or visit**  
**[www.doverplainslibrary.org](http://www.doverplainslibrary.org)**



**ThinkDIFFERENTLY.**



## For Parents & Caregivers:

Connect with other parents and caregivers with similar experiences and build your network of support! Join the Taconic Resources Parent Empowerment Program for a workshop on discussing mental health with children and teens with disabilities, where you will learn how to spot warning signs and address concerning thoughts and behaviors.

## For Children & Adolescents:

Craft, play, and create! Whether you prefer being social or solo, step-by-step or free open play, youth of all ages and abilities are welcome. Come and practice mindfulness and self expression through a number of different activities, all made with accessibility and creativity in mind.

