

# Calendar of Education and Awareness Events for Youth, Families and Community Members



**Sept. 23 & 24** – Daytime for students both days and 7 p.m. for parents on Sept. 24 at Barrington High School  
*Rachel's Challenge* and Meet the Experts – Middle school, high school and parent presentations on student mental health, including suicide/depression signs and symptoms, substance abuse, bullying and harassment, and stress management.



**Sept. 26** – 4:15 p.m. leading to Barrington Community Stadium  
“Stomp the Stigma” community walk and free outdoor event with candid presentations, live music, multimedia, and interaction with local mental health organizations. Walk begins at 4:15 p.m. at Wool Street Grill and commuter parking lot; outdoor event begins at 5 p.m. at Barrington Community Stadium.



**Oct. 28** – 7 p.m. at Barrington High School  
“Protect Me: Understanding & Preventing Adolescent Suicide” presentation by Dr. Nausheen Din to reduce the stigma of discussing suicide and to help families identify emerging risks and warning signs in children of all ages.



**Nov. 5** – All day for students at Barrington High School  
“Snowball” is a daylong, outdoor excursion to Wisconsin where students learn about teen mental health issues, such as drug and alcohol abuse, emotional well-being, positive relationships, role modeling and leadership, and healthy decision-making skills.



**Nov. 9** – 9:30 a.m. and 7 p.m. at Barrington High School  
Dr. Michael Riera, noted author, speaks to parents and community members about ways to effectively communicate with teenagers. Sponsored by the PTO Morningline program.



**Jan.** – Date to be determined  
Session for parents and community members about how technology can affect a student’s emotional wellbeing, with an emphasis on Internet safety and harmful online influences.



**Feb. 25** – 7 p.m. at Barrington High School  
Dr. Ken Ginsburg, noted author, discusses his book, *Building Resilience in Children and Teens*. Sponsored by the District #220 Educational Foundation and PTO Presidents' Council.



**March 3** – 2:10 to 9 p.m. at Barrington Middle School-Prairie Campus  
“Snowflake” is an annual program for middle school students focusing on various topics of concern to adolescents, including decision-making skills and healthy behaviors. Facilitated in small groups led by adult teachers and positive high school role models.



**March 5** – 2:10 to 9 p.m. at Barrington Middle School-Station Campus  
“Snowflake” is an annual program for middle school students focusing on various topics of concern to adolescents, including decision-making skills and healthy behaviors. Facilitated in small groups led by adult teachers and positive high school role models.



= Program suitable for students



= Program suitable for adults