

My Teen Won't Talk With Me! Strategies for Building Trust and Communicating Effectively

*Nov. 9, 2021
7:00pm ET*

Register at



[www.familyaware.org/
education/communication](http://www.familyaware.org/education/communication)



Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

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Participants will learn how to

- build trusting relationships that help teens feel safe turning to you
- communicate about depression using age-appropriate terminology
- manage difficult conversations and honor boundaries

For Parents, Guardians, Youth Workers, and Caring Adults Interested in Teen Mental Health. Watch the webinar live to submit questions to the presenter, **Rebekah Gibbons, LICSW.**

Rebekah Gibbons (she/her), LICSW is a trauma-informed and certified therapist specializing in adolescent mental health and trauma. Rebekah worked in community-based care for five years, including adolescent residential treatment where she provided individual, family, and group therapy, before transitioning to private practice. Rebekah provides consultation and training to schools and community members regarding adolescent trauma and mental health, specifically focused on supporting schools to create trauma-informed and wellness-centered spaces. Her approach stems from a systems-based perspective of the individual, recognizing that each individual is both influenced by and influences the various systems that surround them.