

# Self-Injury

The number of youth who participate in acts of self-injury is becoming increasingly prevalent. Self-injury doesn't discriminate against race, culture, gender, or socio-economic strata. Please join us as local therapist Christian Hill, M.A., discusses what to look for, why teens engage in this behavior, what we should say (and not say) and the resources available to help our teens.

Due to the content of this topic, we request that students not be in attendance.

Date: **Wed. Nov. 18**

Time: **6:30pm**



**This workshop will take place at  
Holmes Middle School.**

**2455 Mesa Rd**

**Colorado Springs, CO 80904**

Contact person: Sandi Watkins  
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**Sponsored by Holmes PTSA and  
Holmes Counseling Department**