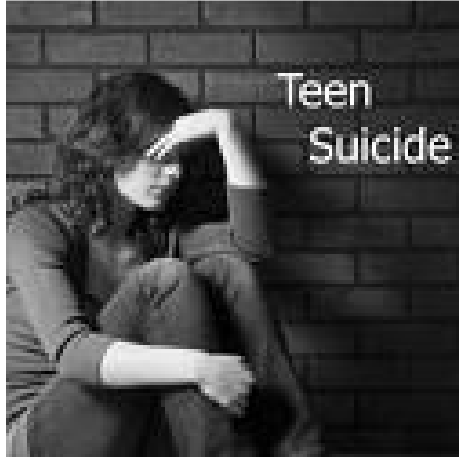


# Navigating the Teenage Years



**You are invited to attend a FREE program sponsored by Bellevue City Schools, Fremont City Schools & Sandusky County**

Thursday, January  
14, 2010  
7-8PM

Fremont Middle School Auditorium

**Any questions CALL 419-334-6387 or email [swurzel@sanduskycohd.org](mailto:swurzel@sanduskycohd.org)**

## Topics to be discuss:

- Suicide
- Depression
- Cutting

Featured speaker is Jeff Vogel, MA, LPCC. Currently he is the Director of The Center for Mental Health and Well-Being with Memorial Health Care System. He has spent the last 17 years in a variety of capacities working with children, adolescents, adults, and families in the counseling field.

