



Live healthy
wellpower
Stormont Vail Health

In partnership with Children's Mercy

Prepped and Ready

PARENTING INTO THE TEEN YEARS



Wednesday, April 3
7 - 9 p.m.

Topeka West High School Auditorium
2001 S.W. Fairlawn Road
Topeka, KS 66604

Free: Adults only, to learn more and register visit
<https://wellpowerpreppedandready.eventbrite.com>

Presentation Topics:

- Self-care
- Eating disorder prevention
- Screen time
- Substance use (including vaping)
- Suicide prevention
- Home safety (including storage of firearms, medications, etc.)

Parents today face new challenges that our parents never encountered. But there are steps we can take as parents that make a difference. We can address problems before they become too big. We can take steps to prevent tragedies from happening within our own homes.



“Bad things happen in good families, too. Some of the best parents in the world face really challenging periods with their children. Being a good parent does not make our kids immune to tough times. There are changes we can make and steps we can take to make our homes safer and our community healthier.” Dr. Shayla Sullivan, M.D.

Dr. Sullivan is in practice at Children's Mercy Kansas City. Dr. Sullivan is partnering with the community to empower parents with information early to prevent some of the painful experiences that she has witnessed.

Dr. Shayla Sullivan, MD, DFAACAP
Child and Adolescent Psychiatrist



**Stormont Vail
Health**



FAMILY SERVICE &
GUIDANCE CENTER



Children's Mercy
KANSAS CITY