

# P. A. R. E. N. T. Speaker Series

Promoting Awareness and Resources for the Emotional Nurturing of Teens



Milton Public Schools and  
The Milton Substance Abuse Prevention Coalition  
is proud to welcome:

## Ivy Watts, MPH

**“Breaking the Stigma of Mental Illness:  
How You Can Make A Difference”**

Ivy Watts, is a former Division II All-American track athlete who appeared to have it all together. Ivy struggled with her mental health as an athlete (anxiety, depression) and will talk about the stigma around mental illness in athletics and the challenge of overcoming her fear to “speak-up”. Ivy will share strategies and resources to help with mental wellbeing.

- As a parent/guardian, teacher or coach learn how to provide support for the mental health of children/students and athletes
- Understand the importance of practicing mindfulness and how to be an advocate for yourself and others
- Feel empowered to recognize the warning signs of mental health issues and how to have conversations with your child about mental health
- Learn about the vast number of resources available in the school system, locally and online

Ivy Watts, has her Masters in Public Health and is Mental Health First Aid Certified. Ivy is dedicated to promoting mental wellness and reducing stigma around mental illness by sharing her story through public speaking and her blog, *Beautifully Simply You*.

THIS EVENT  
IS FREE  
AND OPEN TO  
THE PUBLIC

**DATE: Tuesday, March 3rd**  
**TIME: 7pm**  
**LOCATION: Milton High School Auditorium**  
**25 Gile Road, Milton, MA**

**THIS PRESENTATION IS APPROPRIATE FOR PARENTS/GUARDIANS OF CHILDREN AGES 10+.**

The P. A. R. E. N. T. Speaker Series is made possible with financial support from Beth Israel Deaconess Hospital-Milton, Milton Substance Abuse Prevention Coalition, Parent Teacher Organizations

Beth Israel Lahey Health   
Beth Israel Deaconess Milton

**MILTON**   
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