



Loudoun County, Virginia

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NEWS RELEASE

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For Immediate Release
April 27, 2022

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Loudoun Offers Educational Seminars for Parents During Mental Health Awareness Month

During May – Mental Health Awareness Month – the Prevention Alliance of Loudoun (PAL) will feature a virtual series of free seminars for parents to learn more about mental health wellness for youth and teens. PAL is a coalition of youth, Loudoun County agencies, faith-based organizations, other community stakeholders and parents dedicated to mental health awareness and substance misuse prevention efforts.

The Loudoun County Department of Mental Health, Substance Abuse and Developmental Services; Loudoun County Public Schools Student Assistance Services; Loudoun County Sheriff's Office; and Virginia Tobacco Control Program are key member agencies of PAL organizing this seminar series.

“Today’s youth and teens face a variety of societal distractions and peer pressures that can have significant impact on their overall mental health and wellness,” said Loudoun County Department of Mental Health, Substance Abuse and Developmental Services Director Margaret Graham. “These workshops offer parents and guardians the opportunity to learn more about mental health wellness for their children.”

Visit loudoun.gov/mhsadsprevention for detailed information about each event and to register. Events will include:

- **Current Drug Trends:** Tuesday, May 10, 2022, 7:00 - 8:00 p.m.
- **Internet Safety:** Tuesday, May 17, 2022, 7:00 - 8:00 p.m.
- **Adverse Childhood Experiences (ACEs):** Tuesday, May 24, 2022, 7:00 - 8:00 p.m.
- **Talking to Your Teen About Vaping:** Tuesday, May 31, 2022, 7:00 - 8:00 p.m.

More information about PAL and Loudoun County’s mental health wellness programs may be found at loudoun.gov/mhsadsprevention.

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