



Adolescent Counseling Services

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Adolescent Counseling Services (ACS) to Host Forum on Teen Self-Esteem

"Breaking the Stigma: Teen Self-Esteem" will be open to all members of the community

PALO ALTO, Calif. -- Adolescent Counseling Services (ACS), a community-based nonprofit agency dedicated to the healthy social and emotional development of teens, will host a community education forum focused on the topic of teen self-esteem on Thursday, February 9, 2012.

The event will be held from 7:00 pm to 8:30 pm at La Entrada Middle School in their Multi-Use Room, located at 2200 Sharon Road, in Menlo Park.

The forum series called "Breaking the Stigma" was implemented by ACS as a way to combat the stigmas surrounding teenage mental health issues. Since June 2009, ACS has hosted six forums covering the topics of teenage depression, teenage substance abuse, teen sexuality, bullying, and more.

Several experts in the field of teenage self-esteem will be present to speak about the topic and will participate in a panel discussion. Roni Gillenson, LMFT, ACS' On-Campus Counseling Program Director will be the keynote speaker. Panelists include Gillenson; Martha Chan, LMFT, Site Director at Adolescent Counseling Services; Martha Cravens, Ph.D., Director of Parent Education Department at Community Health Awareness Council (CHAC); Becky Beacom, Manager of Health Education at Palo Alto Medical Foundation, and Alicia Gregory, Palo Alto Youth Programs Director at Youth Community Service (YCS). ACS Executive Director, Dr. Philippe Rey will moderate the forum.

The forum is free and open to all members of the community. Dr. Rey encourages parents, guardians, students and community members to participate. "Self-esteem is integral to the mental health and well-being of all teenagers," said Dr. Rey. "This forum will enhance the understanding of how teens view themselves, handle self-esteem issues, and it will inform parents on ways to build self-esteem in their child."

For more information about ACS, call (650) 424-0852, email info@acs-teens.org or visit ACS online at <http://www.acs-teens.org>.

About ACS

The mission of ACS is to empower teens and their families in our community to realize their emotional and social potential through counseling and preventive education. Established in 1975, ACS relies on the generosity of the community to offer critical interventions, mental health services and community education to over 7,000 individuals annually, building a better future for tomorrow. ACS offers year-round services in San Mateo and Santa Clara Counties, including an On-Campus Counseling Program, the Adolescent Substance Abuse Treatment Program, and the After-School Counseling Program.

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