



**This month's blog feature:**

*The Addict and the Enabler*

written by: *Laura Cole, ACS Clinical Intern*

[Read it!](#)



***Save the Date!***

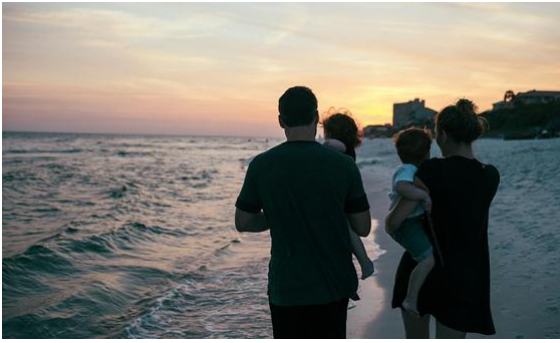
**Out to Eat**

Friday, October 21, 2016

6:00 - 10:00 pm

Oshman Family JCC, Palo, Alto, CA

[Tickets on Sale Now!](#)



Want to know how to support your kids this school year with some positive mental health strategies?

[Get some tips here!](#)



Getting those ZZZ's is important for youth development! Too little sleep can lead to mental health problems later in life.

[Learn More!](#)

**ACS had a successful year serving the community!**  
*Here are some 2015-2016 highlights!*

**7,783**  
total therapy sessions delivered to individuals and families

Over **3,000** individuals reached through Outlet's UNIQUE trainings

students reporting a significant reduction in depression symptoms: **73 %**

Over **200** drug and alcohol assessments completed

Stay Connected



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**Adolescent Counseling Services**  
643 Bair Island Road, Suite 301  
Redwood City, CA 94063 // 650.424.0852  
[www.acs-teens.org](http://www.acs-teens.org)



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