

LOOKING FORWARD: The Transition YEARS

A program collaboration between the Looking In Theatre and The Jordan Matthew Porco Memorial Foundation

Why should I attend?

In 2013, more than half of college students experienced overwhelming anxiety at some point in the past year and about 1 in 3 college students reported feeling "so depressed that it was difficult to function" (ACHA-NCHA data)

For Parents

- Learn about the unique challenges your child's generation faces during the transition to college
- Learn about the signs of mental illness, suicide, and anxiety so you can look out for your child
- Understand the pressures your child may face so you can support him or her
- Start an open conversation about mental health with your child--it could save his or her life!
- Show your understanding and support for your child's well being in this difficult transition period

For Students

- Start a conversation about mental health with your friends and families--it could save lives!
- Bring your anxieties about the transition to college out into the open--see that you're not alone
- **Have fun with a "live reality show" about your own lives and concerns**
- Prepare yourself for the reality of graduating and moving on to new endeavors!

About the Program

Teenage actors from the Hartford-based theater group, Looking In, perform vignettes that are carefully designed to mirror real issues students may face in college and to encourage dialogue between the actors, students, and facilitator- **Having their questions and concerns addressed in a unique and engaging performance with Q &A.** The engaging nature of this program gets students thinking and talking about these issues and makes them aware of the college-based resources available to them. For more information:

<http://www.rememberingjordan.org/programs/the-transition-year/>

Date: April 30th 2014

Time: 7:00-8:30

Place: Fairfield Ludlowe High School Auditorium