

NORTHERN VALLEY REGIONAL HIGH SCHOOLS PRESENT...

Remembering T.J.

A Story of Teen Depression, Lessons and Hope



On December 1, 2010, 16-year-old T.J. Sefcik died by suicide. What led a cherished son, brother, friend, varsity athlete, and honor student, with so much love and potential, to make that choice?

Please join us for a presentation by Wendy and Steve Sefcik, T.J.'s parents, as they discuss their experiences and help families to recognize signs of teen depression. According to the Centers for Disease Control and Prevention, almost 5,000 middle school, high school, and college-age students kill themselves each year in America, making suicide the third-leading cause of death for young adults ages 15–24.

**January 27, 2015
7:00 P.M.**

**Demarest High School Auditorium
150 Knickerbocker Road
Demarest, NJ**

We Value your Input

Please send us your confidential questions in advance via email to ensure that we address your concerns relative to this topic.

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We look forward to seeing all of you at this important parent meeting.