



## UNDERSTANDING SELF-HARM

A series of FREE talks for Teens, Preteens and Adults.

## ST. CHARLES CITY - COUNTY LIBRARIES

7 dates during November

Self-harm is the intentional physical injury to oneself. The most common form of self-harm is cutting, but there are others. Self-harm has increased over the past several years in St. Charles and surrounding counties. It can be quite disconcerting to individuals and families. During this presentation, we will share information about self-harm, what it is, as well as what it isn't. We will also answer your questions on the subject and you will leave knowing specific things to do if you are concerned about someone who is self-harming, including if that someone is you.



Andrew Frager, M.Ed., PLPC, NCC is a Nationally Certified Counselor. You may have heard him talk during the last few years in area schools on Signs of Suicide for CHADS Coalition. Andrew is currently in private practice where he sees individuals, couples, and families under the supervision of Karen Grayson, PhD. You can reach Andrew at 314-722-8255.

### Dates & Times

11/1 6:30-7:30pm  
Teen/Preteen  
Kisker Road Branch

11/8 6:30-7:30pm  
Teen/Preteen  
McClay Branch

11/13 6:30-7:30pm  
Teen/Preteen  
Middendorf-Kredell Branch

11/26 6:30-7:30pm  
Teen/Preteen  
Deer Run Branch

11/28 6:30-8:00pm  
Adults  
Spencer Rd Branch

11/29 6:30-7:30pm  
Teen/Preteen  
Linnemann Branch

11/30 4:30-5:30pm  
Teen/Preteen  
Corporate Pkwy Branch

More information at [SaintLouisFamilyCounseling.com/events](http://SaintLouisFamilyCounseling.com/events)