

Parent Night: Mental Health, Self Harm and Social Media Awareness

Thursday, April 18th 6:00 – 7:00 pm

Liberty Jr. High School Gymnasium
5900 W 81st Street
Burbank, IL 60459



- ❖ Meet Cara Nicholson, licensed professional counselor
- ❖ Questions and answers will take place at the end of the presentation
- ❖ If you have any questions, please contact: Coleen Winterfield at (708) 496-0500 X 10361 cwinterfield@bsd111.org

Cara Nicholson is a Licensed Professional Counselor. She earned her Master of Arts degree in Counseling and her Bachelor of Arts degree in Psychology from Governors State University. Cara is originally from Burbank, and started her educational career at our very own Jacqueline B. Kennedy Elementary School.

Cara works with individuals, adolescents, and families with a variety of issues related to anxiety, depression, self-injury, sexuality, sexual trauma, and general life adjustments. Above all, Cara believes in providing a safe space and a sense of understanding for her clients. She believes in instilling empowerment and hope, while maintaining a nonjudgmental presence. Cara has a special place in her heart for adolescents and young adults. She is an adjunct at Governors State University in the Psychology and Counseling program, where she gets to practice her second passion, teaching. She also works as a personal support worker for teenagers with autism.