



What is LEAD?

LEAD is a web-based program that assists youth in building social support and learning skills for changing negative thoughts and emotions. There is no cost to use the LEAD Program.

How does LEAD work?

Youth complete two-online sessions where they learn to manage negative thoughts and feelings. Youth also plan activities to help build a sense of purpose and contribution to others.

Why is my child being asked to take part?

If your child has been invited to take part in LEAD, then their counselor believes they would benefit from the skills taught in the program. Please speak with your child's counselor if you have any questions or concerns.

