

YOUTH MENU OF SERVICES

COMMUNITY ENGAGEMENT TEAM (CET)

WELLNESS HOURS FOR YOUTH



Our interactive one-hour sessions cater to ages Pre-K to 8th grade, and promote inclusive and open discussion of mental health topics and introduce wellness strategies through games, discussions, and activities. Sessions can be customized for any age group. Topics include:

- Learning the power of breath
- Cultivating self-love and positive affirmations
- Understanding and managing emotions
- Unleashing YOUR creativity
- Identifying your support network

WELLNESS HOURS FOR TEENS



Our one-hour Wellness Hours focus on teaching and practicing stress management skills through interactive activities and discussions. Topics include:

- Explore wellness strategies
- Navigating life's changes
- Fostering self-love
- Stress management
- Discover the art of journaling and mindful doodles
- Building a strong support system

LET'S FACE IT, FOR TEENS



This two hour training is designed for teens in 9th-12th grade and focuses on techniques for initiating discussions on mental health. Goals of this training include:

- Promoting open dialogue
- Reducing stigma surrounding mental health
- Breaking barriers

Our trainings and Wellness Hours are adaptable to any age range. Contact us learn more about how we can best serve your audience. Your child's mental well-being is our priority.



AllHealth
NETWORK