

Brighter Days

leading our kids to brighter days

Youth Program

Join us to discuss topics with other youth such as:

- Warning signs and symptoms of mental health
- Discuss how these signs show up online
- Acknowledge, Care, Tell (ACT) to get help
- Positive coping skills and managing stress
- Finding and creating safe spaces

Best for youth ages 10-18



FREE TRAINING
for youth and teens



TUESDAY, MAY 11
@ 6PM

Register here or go to

bit.ly/BRIGHTERDAYS1

