

ME TIME FOR TEENS VIRTUAL SERIES



Want to develop skills to help manage mild depressive/anxious symptoms? **Teens (13-17) in Carbon, Emery, and Grand Counties** are invited to participate in a fun, **FREE** 6-session online workshop series.

JOIN US:



WEDNESDAY'S: 6-7 PM

APRIL

8TH, 15TH, 22ND, 29TH

MAY

6TH, 13TH



Location:
Online Via Zoom



\$20 in GIFT CARDS for attending all 6 sessions & completing surveys

*** Swag bags and materials provided for all registered participants! ***

Find more info and register at:
extension.usu.edu/be-epic/events
or email: josie.hatch@usu.edu



Extension
UtahStateUniversity



BE EPIC
ESCAPE the VAPE