



Coming in January 2024: **ME TIME FOR TEENS**

Are you wanting to develop skills to help manage mild depressive symptoms? Teens (13-17) in Carbon, Emery, and Grand Counties are invited to participate in a fun, **FREE**, interactive, **ONLINE** workshop series.

Tuesday's 4-5 PM

Jan 16 Jan 23 Jan 30

Feb 6 Feb 13 Feb 20

Get a GIFT CARD for attending all 6 sessions

Make up sessions available upon request. Swag and prizes given to all participants.

Pre-and post-surveys will be administered to assess program effectiveness. Scan the QR code or visit our website for more info and to sign up!



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