

ME TIME FOR TEENS



Are you wanting to develop skills to help manage mild depressive/anxious symptoms? **Teens (13-17) in Carbon County** are invited to participate in a fun, **FREE** 6-session workshop series.

JOIN US:

 **MONDAYS: 7-8 PM**



FEBRUARY
16TH, 23RD
MARCH
2ND, 9TH, 16TH, 23RD



USU Eastern, Jennifer Leavitt Student Center (JLSC, Board Room)



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

*** Count on Snacks & Swag Every Session! ***

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

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