



# MENTAL HEALTH WORKSHOP FOR TEENS

Join us at Amistad Community Health Center for activities and interactive group discussions.

*\*Each week focuses on different topics\**

Connect with other teens going through similar situations and find support

**\*\*Only 16 slots available, call today to reserve\*\***



## !!FREE!!

New topic every  
week

**TUESDAYS**

**5:30-6:30 PM**

**Topics Include:**

- Coping skills
- Relationships
- Self-Esteem
- Communication
- Bullying

and more...

**AMISTAD CHC**

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