

Blue

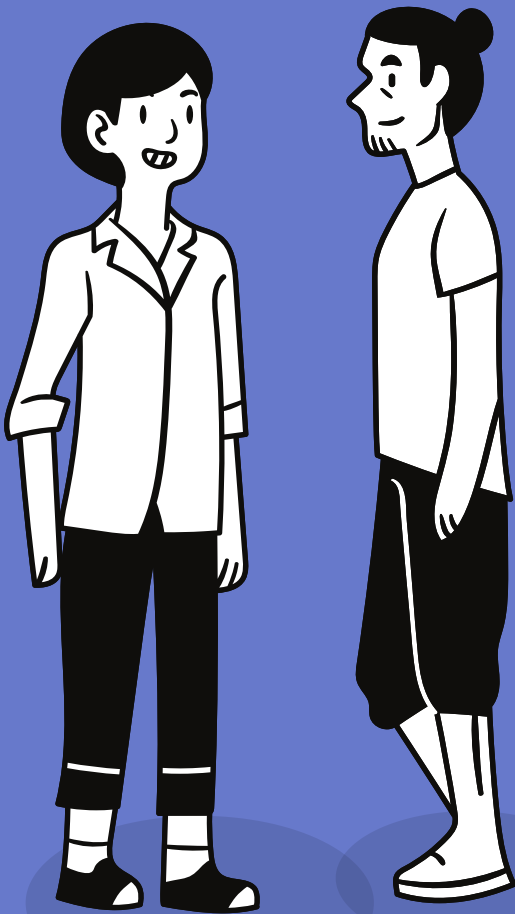
September 20 and 27
October 4, 11, 18, 25

Hosted by Lauren Kaufmann
in partnership with MHA

From 1:30-2:15pm

Blue is a *peer-to-peer* discussion group to build skills promoting wellness in one's life and reduce stigma by increasing knowledge around mental health

A safe,
confidential, and free
mental wellness
program



Week 1: Self Care
Week 2 + 3: Social Interaction
Week 3 + 4: Substance Abuse
Week 5: Suicide Prevention
Week 6: Wrap up



Email Blueyouthproject@gmail.org to register