

Hope 4 Tomorrow



PRESENTED BY ACCESS SERVICES

CALLING ALL TEENS!

**FEELING STRESSED
AND OVERWHELMED?**

**TRYING TO BALANCE SCHOOL,
FRIENDS, AND FAMILY?**

**LOOKING FOR WAYS
TO FUEL YOUR MENTAL
WELLNESS?**



***JOIN A CONVERSATION EXAMINING HOW STRESS AND MENTAL WELLNESS AFFECT OUR DAILY LIVES AND HOW TO SEEK HELP!**

***OPEN TO MONTGOMERY COUNTY
MIDDLE AND HIGH SCHOOL AGED YOUTH (14-18)**

***PARTICIPANTS WILL RECEIVE A \$10 GIFT CARD!**



MAY 5, 2021 * 3:30PM - 5:30PM

JOIN THE MEETING [HERE](#)

**QUESTIONS? CONTACT TY WILLIAMS AT
TWILLIAMS@ACCESSSERVICES.ORG**

