

TEENS OF WAYNE COUNTY



MHANYS
Mental Health Association
in New York State



CarePath is designed to 1.) increase knowledge of mental health, and develop a wellness-mindset, and 2.) The development of realistic expectations about the process of recovery with the recognition that their mind-body health is always in movement-never static, and mental health is multidimensional.

First session are set to start in April!

This is a FREE 90-day program for youth 12+ seeking mind-body wellness coaching
mmiller.UnitedWeStand@gmail.com | 315-502-0007 | www.UnitedWeStandCAC.org

JOIN THE
YOUTH MENTAL HEALTH ADVISORY BOARD
Advocate for positive change in your community & throughout New York State!

The Youth Mental Health Advisory Board (YM HAB) plays a crucial role in informing policies for the Office of Mental Health, Office of Addiction Services and Supports, and advising the Governor. Your voice matters, and we are dedicated to empowering young people to make a difference!

Requirements:

- Middle or High School student interested in mental health, including with lived experience
- Application Process: Fill out the application for the Youth Mental Health Advisory Board (YM HAB)
- Commitment: Attend at least 4 meetings per year, 2 of which will be in-person in Albany (compensation, travel, hotel, meals covered).

APPLY NOW!
bit.ly/3t09RAN

Fill out the YM HAB Application and we will contact you for an interview.

Families Together
 in NYS YouthPower




Dear teen:

Love yourself.
 Forgive yourself.
 Be true to yourself.
 Because how you treat yourself sets the standard for how others treat you.

-Steve Maraboli-



College Essay Tips



Social media isn't bad: you're just using it wrong



call or text
988
 anyone. any struggle. anytime.



We would appreciate your feedback -->





PARENT NEWS



CarePath is designed to 1.) increase knowledge of mental health, and develop a wellness-mindset, and 2.) The development of realistic expectations about the process of recovery with the recognition that their mind-body health is always in movement- never static, and mental health is multidimensional.

First session are set to start in April!

This is a FREE 90-day program for adults seeking mind-body wellness coaching mmiller.UnitedWeStand@gmail.com | 315-502-0007 | www.UnitedWeStandCAC.org

Finger Lakes Works Local Job Leads




WAYNE COUNTY FOOD PANTRIES

FREE Webinar: How Your Touch Can Soothe & Calm Your Little One




WAYNE COUNTY ECLIPSE INFO



Age Appropriate Chores for children and teens

We would appreciate your feedback -->



Help your teens process BIG emotions