

**FREE** **TEEN WELLNESS**  
**WORKSHOP**

FACILITATED BY AKEEM MODESTE-JAMES, MSW



**SATURDAY**  
**05.07.22**

**11:30** - **2:00**  
**AM** - **PM**

**Aurora Main Library**  
**14949 E Alameda Parkway**  
**Aurora, CO 80012**

*For Global Youth Leaders & teens from 14-18 years old*

Do you ever feel stressed and wonder how to handle the pressure?

Do you have a friend or family member you worry about and want to help?

Do you like to write, tell stories, or draw pictures to express yourself?

Are you worried about everything you have to do before the school year ends?

**THEN THIS WORKSHOP IS FOR YOU!**



**Sign up here:**



Join Aurora Sister Cities International Global Youth Leaders Pipeline Program for a free workshop on Teen Wellness. In this engaging workshop, participants will hear stories about wellness, and learn to tell the difference between mental health fact and fiction.

Students will also create visual art to share their views, and they will learn about mental health diagnoses that teens often face. Participants will learn strategies for coping with day-to-day issues, and they will develop skills to help friends who may be in need.



Participants and their parents/guardians will receive resources to support mental, physical, and social well-being. *Lunch & snacks will also be provided.*

*Space is limited, so sign up by 6 PM on Saturday, April 30th, 2022*

**If you need a ride or have questions, please contact ASCI Director of Youth Programs, Cristina Antillon, at 720.934.6322 or [youthcoordinator@aurorasistercities.net](mailto:youthcoordinator@aurorasistercities.net)**