

Back Together4Teens

Keeping the discussion going about today's pressures on teens



Saturday January 25th, 2020

8:00 a.m. - Noon

Aliso Niguel High School

28000 Wolverine Way, Aliso Viejo, CA 92656

Let's get Back Together4Teens and learn how to take care of our mental well-being!

Opening Panel 9 a.m. - "What Teens are Telling us About Mental Health"

Skill building sessions that address mental well-being for teens and parents

Interactive breakout workshops will include **ART/MUSIC/YOGA** (Bring your own mat)

Giveaways and takeaways that support wellness!

This event is for parents and teens ages 12 and up

Find event schedule & RSVP at <https://backtogether4teens.eventbrite.com>

Consider staying for a wrap-up lunch and future event planning meeting from 12 p.m. - 1 p.m.



Wellness
& Prevention
Center