

FREE & Confidential Teen Support Group for Depression, Anxiety & Mental Wellness

**Learn new coping skills
in a supportive group
of diverse peers. Ages 14-18.**

- Groups are led by trained educators and teens like you who really get it.
- Recommended by leading mental health experts!



Wednesdays at 7pm EST / 5pm PST

Sign up to receive zoom link at:

livewell-foundation.org/teens

The LiveWell Foundation is a non-profit dedicated to mental health equity