

Youth Wellness Conference

Empower. Educate. Elevate.

Save the Date

When: Saturday, May 3rd

Time: 10 AM - 3 PM

Where: James J. McCoart Building
1 County Complex Ct,
Woodbridge, VA 22192



Why Attend?

- Interactive Workshops: Gain practical skills to manage mental health and wellness.
- Resource Tables: Explore what your community offers to empower YOU.
- Live Connections: Engage with peers and professionals who care about your well-being.

Who's Invited?

High school students ready to learn, grow, and make mental wellness a priority!

How to Register?

Scan the QR Code

Or Visit this link to register today <https://forms.office.com/g/Kx7zmSnWE4>



SCAN TO REGISTER

Spots are limited, secure yours now!

Questions? Get in touch with us!

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Join us to Empower. Educate. Elevate.

Your mental health matters—because **YOU** matter.