



# Sign up for important updates from Mr. P. Abbott.

Get information for **REFUGE Youth** right on your phone—not on handouts.

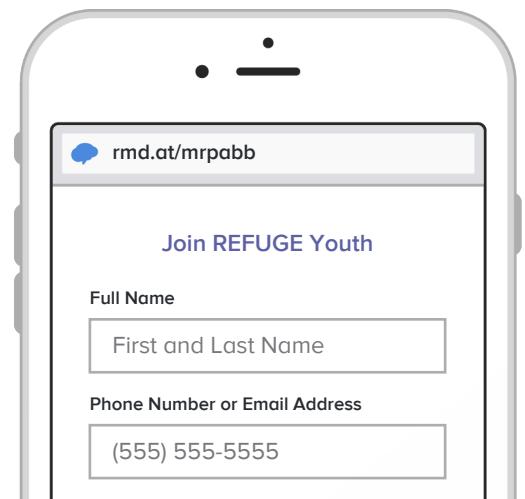
Pick a way to receive messages for **REFUGE Youth**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/mrpabb](http://rmd.at/mrpabb)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@mrpabb** to the number **81010**.

If you're having trouble with **81010**, try texting **@mrpabb** to **(858) 914-4298**.



\* Standard text message rates apply.

Don't have a mobile phone? Go to [rmd.at/mrpabb](http://rmd.at/mrpabb) on a desktop computer to sign up for email notifications.