

# **I AM WHO I AM: YOUTH & YOUNG ADULT CO-OCCURRING DROP IN**

Drop in and  
chat with  
young people,  
ages 16 to  
29, who have  
substance use  
and mental  
health  
experiences!  
Be a part of  
a supportive  
virtual  
community!



**Every Saturday @ 12pm**

**CLICK TO  
JOIN!**



<https://www.pmhca.org/>