



Feeling stressed?  
You're not alone.  
Join us and other teens as we talk about how to cope with stress and other feelings.



Free Sessions

November 12	All Teens
November 19	Latinx Teens
December 3	Native Teens
December 7	LGBTQIA+ Teens
December 10	Black Teens

# Talk it Out

All sessions take place via Zoom at 7 pm CST.

Learn more and register at  
[changetochill.org/hennepincounty](http://changetochill.org/hennepincounty).

All Hennepin County teens welcome.