



It's a very uncertain and challenging time...maybe a care package would help???

Clark County TeenTalk is currently sending a **FREE** care package to youth ages 12-18 who live in Clark County!

Each care package includes a journal, a fun pen, a stress squishie, a kit to make your own little cheerleader when times are tough, information about handling stress and anxiety, encouragement and an unhealthy snack!

If you would like to request a care package, simply send an email to [kris.henriksen@clark.wa.gov](mailto:kris.henriksen@clark.wa.gov)

In your email, include the name(s) and mailing address of where the kit should be sent to!

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Also, during this difficult time, we are glad to say that the TeenTalk support program is open and able to offer support.

Monday through Thursday 4-9 pm Fridays 4-7pm

Call us at (360)397-2428 or text us at (360)984-0936

[www.ccteentalk.clark.wa.gov](http://www.ccteentalk.clark.wa.gov)

Support without judgment

