THE BALANCE PROJECT

MENTAL HEALTH *Matters* YOUTH EXPO

HOW DO YOU TAKE CARE OF YOUR MENTAL HEALTH?

The 2022 Mental Health Matters Youth Expo is focused on creating a safe space for students elementary through high school where youth can explore the different ways mental health presents in their lives & their peers' lives. Participants will engage in activities, shared experiences, and gain the tools to use when addressing their own mental health needs.

Sunday March 12th, 1-3pm
The Art Center Highland Park
Register to host a table HERE
Register to attend HERE