



nami Hillsborough
National Alliance on Mental Illness

FREE COMMUNITY EVENT!

We are delighted to extend an invitation to our first annual Youth Minds Matter Hillsborough (YMMH) Youth & Young Adult Wellness Summit!

EVENT HIGHLIGHTS

Inspiring Keynote Address

Explore the significance of youth mental health and discover how our community can unite to support the wellness of youth and young adults.

Skill-Building Breakouts

Engage in interactive sessions to learn essential skills for navigating life's challenges.

Parent Support Sessions

Engage in interactive sessions to learn the necessary tools and knowledge to promote the well-being of youth and young adults.

Authentic Youth Perspectives

Hear directly from a diverse panel of young voices as they share their experiences and insights on mental health challenges facing our youth and young adults.

Catered Luncheon

Join us for a free delicious meal to keep you energized to enjoy the valuable insights and connections the summit offers.

Authentic Youth Perspectives

Hear directly from a diverse panel of young voices as they share their experiences and insights on mental health and wellness.

<https://bit.ly/YMMH24>



SCAN ME



9 AM - 3 PM

18
MAY

**USF
MARSHALL
STUDENT CENTER**

**4103 USF CEDAR CIRCLE
2ND FL, BALLROOMS A-C
TAMPA, FL 33620**

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