





Fostering Hope: Unplugged

"Finding The Energy That Fuels You"

A Mental Health Summit for Youth & Adults

> Nov. 15, 2025 10 am - 3 pm

The Meeting House
5885 Robert Oliver Pl
Columbia, MD



Learn to identify negative energy sources and how to unplug



Discover positive enegy sources and community resources to plug into

Summit Registration



Training, tools, and support will be provided to empower adults and students in grades 7 through 12 to get involved and to advocate for themselves, their peers and families.

FOR MORE INFORMATION



