



Uplift Teens & Young Adults

Virtual Workshop

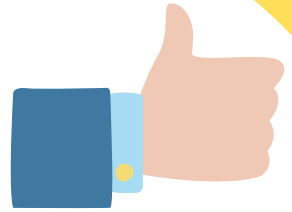
Shifa for Youth Program

Youth-led workshops teaching the basics of mental health & wellness in our local communities.

How to Uplift Youth?

This youth-led workshop will introduce how to uplift youth and the impacts of sadness & depression on youth.

- **Topic for youth Ages 16-30**
- **Chance to win a gift card!**
- **Interactive activities**
- **Ask questions to a peer**
- **Safe space for all**



6:00-7:30 PM | Sat. May 27, 2023

Register : upyouth.eventbrite.com

