

TEENS OF WAYNE COUNTY



CarePath is designed to 1.) increase knowledge of mental health, and develop a wellness-mindset, and 2.) The development of realistic expectations about the process of recovery with the recognition that their mind-body health is always in movement- never static, and mental health is multidimensional.

First session are set to start in April!

This is a FREE 90-day program for youth 12+ seeking mind-body wellness coaching
mmiller.UnitedWeStand@gmail.com | 315-502-0007 | www.UnitedWeStandCAC.org

JOIN THE
YOUTH MENTAL HEALTH ADVISORY BOARD

Advocate for positive change in your community & throughout New York State!

The Youth Mental Health Advisory Board (YM HAB) plays a crucial role in informing policies for the Office of Mental Health, Office of Addiction Services and Supports, and advising the Governor. Your voice matters, and we are dedicated to empowering young people to make a difference!

Requirements:

- Middle or High School student interested in mental health, including with lived experience
- Application Process: Fill out the application for the Youth Mental Health Advisory Board (YM HAB)
- Commitment: Attend at least 4 meetings per year, 2 of which will be in-person in Albany (compensation, travel, hotel, meals covered).

APPLY NOW!
bit.ly/3tQ9RAN

Fill out the YM HAB Application and we will contact you for an interview.

Families Together
 in NYS YouthPower!




Dear teen:


Love yourself.
 Forgive yourself.
 Be true to yourself.
 Because how you treat yourself sets the standard for how others treat you.

-Steve Maraboli-

representing TEENS & TWEENS



College Essay Tips



Social media isn't bad: you're just using it wrong



call or text
988
 anyone. any struggle. anytime.



We would appreciate your feedback -->





PARENT NEWS



MHANYS
Mental Health Association
in New York State



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**Finger Lakes Works
Local Job Leads**




**WAYNE
COUNTY
FOOD
PANTRIES**

**FREE Webinar: How Your
Touch Can Soothe &
Calm Your Little One**




**WAYNE
COUNTY
ECLIPSE
INFO**



**Age Appropriate
Chores for children
and teens**

**We would
appreciate your
feedback -->**



**Help your teens
process BIG emotions**