

**NEW FOR JAN-FEB 2023**



# NOTES TO SELF

A wellness series for teens and young adults

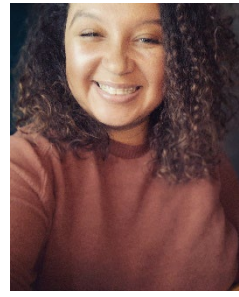
**Many teens and young adults** are still adjusting to the changes COVID brought into their lives. If you're one of them, know that **how you respond** to these changes has a direct impact on your health and wellness. Join us for this self-affirming Stay Well workshop series to learn strategies for creating your own daily well-being!

## Dates and topics

- Jan. 16 at 7:15 p.m. – **What is Mental Wellness?**
- Jan. 23 at 7:15 p.m. - **Emotional Regulation**
- Jan. 30 at 7:15 p.m. - **Boundary Setting**
- Feb. 6 at 7:15 p.m. - **Self-Care & Goal Setting**
- Feb 13 at 7:15 p.m. - **Celebration & Discussion**

**Click here to REGISTER** or scan the QR code. →

To learn more about this and other Stay Well services, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).



Presenter Chardae Korhonen is a licensed clinical social worker and a Youth and Family Outreach Specialist for Michigan's Stay Well program.



*Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.*

