

JOIN US April 2023!



Saturdays from 1 to 2 p.m.

When a friend or loved one dies, it changes your world. As a young person, you may find yourself struggling to deal with the painful emotions that come and go.



This online workshop series offers perspective, understanding and healing for people in their teens and early 20s who are grieving. It uses art, writing, mental exercises and other techniques to teach coping skills and ways to feel better.

All sessions are free. [Click here to register](#) or scan QR code above!

Find more resources for teens at Michigan.gov/StayWell.

Dates and topics

Saturday, April 1 - You might be having a hard time adjusting.

Saturday, April 8 - You might be experiencing stress.

Saturday, April 15 - You might be feeling overwhelmed.

Saturday, April 22 - You may be avoiding difficult feelings, like frustration, anger, or sadness.



The workshop will be conducted by Zeinab Moussa, M.A., LLPC, a clinical mental health counselor with 11 years of experience teaching special education and art. Zeinab specializes in facilitating dialogue about feelings and emotions through structured, art-based exercises. She has children of her own and understands the negative impact COVID-19 has had on the mental health of children and young adults.

Zeinab Moussa

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.

