



Youth Mind Space

Is quarantine getting to you? Are you bored?
Do you wish things would get back to normal?

EVERY THURSDAY

starting February 11, 2021

8:00 PM - 9:00 PM

Via Zoom

Youth leading youth with videos, activities, and discussions about daily stressors, healthy ways to cope, and making positive choices.

To register and for more information:
<https://www.surveymonkey.com/r/78XNNRZ>



Questions? Contact:

Anna Pacheco
apacheco@grhc.org

Michael Preston
YouthCouncil@gric.nsn.us



This is a joint effort provided by Akimel O'odham/Pee Posh Youth Council and Gila River Health Care's Behavioral Health Services.

Gila River Indian Community Crisis Line
1-800-259-3449
Call 24 hours a day for immediate help

National Suicide Prevention Lifeline
1-800-273-8255