

MENTAL HEALTH AWARENESS MONTH

TEEN EVENT

Take a Break & Prioritize Your Well-Being!

Join us for fun, stress-busting activities designed to support your mental health.

Enjoy activities like:

- Succulent making
- Affirmation & goal setting
- Book Raffle
- Live Beyond Resources

Come relax, reflect, and focus on self-care!



Community Room
SSF Main Library
901 Civic Campus Way
South San Francisco, CA
94080

THURSDAY
MAY 8TH
4:30P - 6:30P



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