

THINK WELL, FEEL WELL, BE WELL

# TEEN MENTAL HEALTH PROJECTS

MYAC is pleased to present a series of teen mental health projects



## FEATURING:

- Study skills
- Self care
- Contests
- Giveaways
- Visits with therapy dogs
- Exam survival kits
- and more!

...watch for details  
at your school!

Brought to you by:



**Niagara Falls Mayor's Youth Advisory Committee**

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