

Generation HOPE Youth Clubhouse

A Community-Focused Workshop Series from CAPE

Mental Health & Wellness 101

This session provides participants with a basic knowledge of mental health, wellness, & recovery in an effort to reduce stigma.

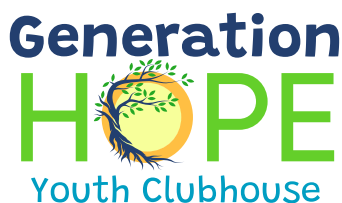
Tuesday, April 2nd



JOIN US 5-6 PM FOR THIS FREE WORKSHOP

This training views mental health as a continuous aspect of well-being and an essential part of our health. Open to parents, guardians, educators, and community partners.

SPOTS ARE LIMITED!!! Register Online



31 Marshall Rd, Suite 3F
Wappingers Falls, NY 12590

See details and sign up:
capedc.org/events

