

**NEW FOR SPRING 2023**

# WELLNESS WORKSHOPS

for teens and young adults  
experiencing anxiety



**Many teens and young adults** are still adjusting to the changes COVID brought into their lives. If you're one of them, you may be feeling more anxious or avoidant than ever before. Join us for this Stay Well workshop series to learn how to calm those anxious thoughts and care for your whole self.

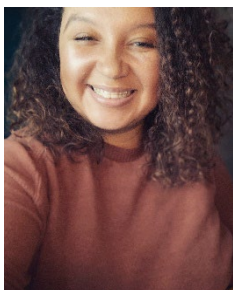
## Dates and topics

- April 10 at 7:15 p.m. **Exploring Wellness**
- April 17 at 7:15 p.m. **Emotional Regulation**
- April 24 at 7:15 p.m. **Boundary Setting**
- May 1 at 7:15 p.m. **Self-Care**



[Click here to REGISTER](#) or scan the QR code.

To learn more about other Stay Well services, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).



Presenter Chardae Korhonen is a licensed clinical social worker and a Youth and Family Outreach Specialist for Michigan's Stay Well program.

*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.*

