Friends of Youth

Youth and Family Services

Counselor Chats

Join Friends of Youth counselors in a monthly virtual interactive conversation about various mental health and substance use concerns.

These events are free to all! We welcome your questions and are here to provide support. Use the links to register for our upcoming chats today!

REGISTER TODAY

Mental Health and the Holidays
Wednesday, December 16th 5-6pm
zoom.us/meeting/register/tJEqdOChrzIpHtE9AXz7EvpVB3dHijf7hMn8

Managing Motivation
Friday, January 15th 10-11am
zoom.us/meeting/register/tJUlfu6pqT0vHtz31DPW3N5oE4xJTXUWSXSB

Conflict Resolution
Thursday, February 11th 1-2pm
zoom.us/meeting/register/tJMpdeihrzsjGNdPAsH07-Qal6vbqBLhq332

For more information, contact
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