

SI BOROUGH PRESIDENT IN CONJUNCTION WITH  
SICCAMHS, TYSA AND D31 INVITE YOU TO OUR  
YOUTH MENTAL HEALTH SYMPOSIUM



## TAKE CARE OF YOUR MENTAL HEALTH

STUDENT LED TRAININGS,  
WORKSHOPS, YOGA, MEDITATION,  
EARLY CHILDHOOD RESOURCES  
AND MORE

MENTAL HEALTH IS JUST AS IMPORTANT  
AS PHYSICAL HEALTH. IT AFFECTS HOW  
WE THINK, FEEL, AND ACT. TAKING CARE  
OF OUR MENTAL HEALTH IS ESSENTIAL  
FOR OVERALL WELL-BEING.  
JOIN US TO LEARN ABOUT THE LOCAL  
MENTAL HEALTH RESOURCES.

**SAVE THE DATE!**  
**MAY 30TH**  
**COLLEGE OF STATEN**  
**ISLAND, BLDG P**  
**9AM - 4PM**