



imWell

at School & Home

Learn the signs & symptoms of emotional & substance use challenges in your child.

KEEP IT 100!

suicide & stress management prevention

Open Registration

Train 100 parents and 100 youth leaders in Youth Mental Health First Aid by 5/1/24.

Self-care

For more information contact Keia:

www.imWell.network/events

Call : 844-9-imWell (469355)

part of proceeds benefit "Team Truth 919" & "Katch the Kite" a 501 (c)(3)

