



MENTAL STRENGTHOLOGY FOR YOUTH WITH A *Twist*

OFFERED BY
**BLEND
PBC**

THIS PROGRAM HAS BEEN DESIGNED WITH YOUTH IN MIND.

Students will have the ability to work in Covid friendly settings focused on entrepreneurship, nutrition and healthy cooking/eating, mindfulness, gardening and mental health awareness. Sessions will be held after-school, Saturdays and during the summer and will adhere to social distancing policies.