

# Youth Wellness Conference

**Empower. Educate. Elevate.**

## Save the Date

**When:** Saturday, May 3rd

**Time:** 10 AM - 3 PM

**Where:** James J. McCoart Building  
1 County Complex Ct,  
Woodbridge, VA 22192



## Why Attend?

- Interactive Workshops: Gain practical skills to manage mental health and wellness.
- Resource Tables: Explore what your community offers to empower YOU.
- Live Connections: Engage with peers and professionals who care about your well-being.

## Who's Invited?

High school students ready to learn, grow, and make mental wellness a priority!

## How to Register?

Scan the QR Code

Or Visit this link to register today <https://forms.office.com/g/Kx7zmSnWE4>



SCAN TO REGISTER

**Spots are limited, secure yours now!**

**Questions? Get in touch with us!**

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**Join us to Empower. Educate. Elevate.**

Your mental health matters—because **YOU** matter.



Prince  
William

PRINCE WILLIAM  
Community Services