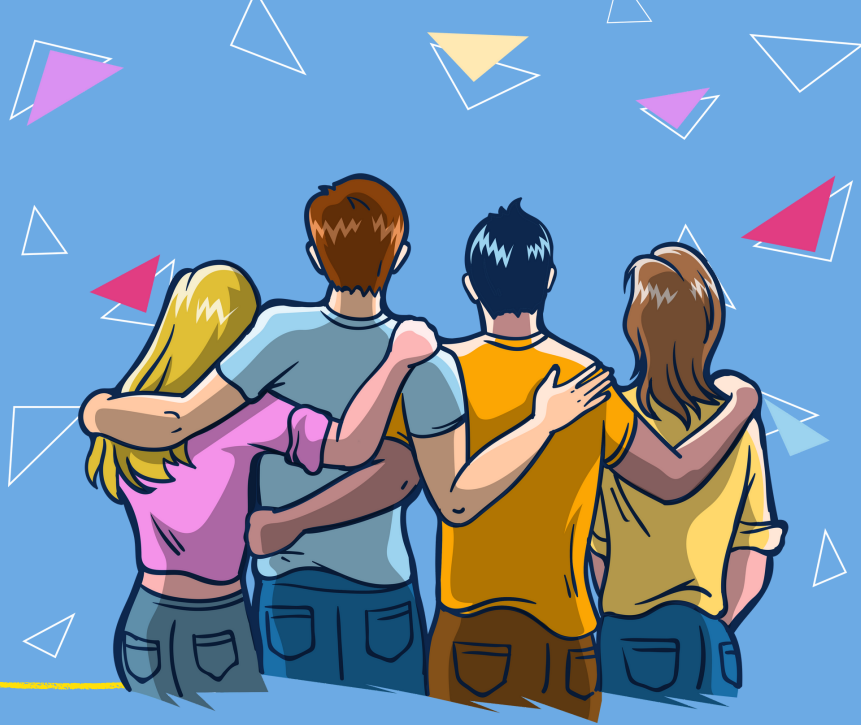


## Youth MOVE

This youth support group is to create a space for youth to take initiative in conversations, activities, and movements about mental health.



# JOIN US FOR OUR YOUTH SUPPORT GROUP!




**MEETING DATES: 2nd Wednesday & 4th Sunday of every month**

Group Topics: → **youth initiatives!**

Join us for our Youth Move Support Group via zoom this year! We are looking to create a space with youth and young adults to discuss self-care, mental health experiences, and more.

 [melliott@namivirginia.org](mailto:melliott@namivirginia.org)

 REGISTRATION LINK:  
<https://rb.gy/fiuovq>

 (804)-285-8264 EXT. 206

 REGISTER THROUGH QR CODE OR  
LINK PROVIDED