

MENTAL HEALTH SERIES



By the S.C.O.P.E. team at
Direction Service

All inclusive space to support our mental health

4:00pm to 5:00pm
Open to All
Lane County Youth 14-25

Spark at Booth-Kelly
303 S. 5th St. STE 150, Springfield,
OR, 97477

Free food, fidgets, drawing and more!

Drop in to any or all of our topics,
with optional 1:1 support after

- Mar 18 • Reducing Stigma: Why Should We Talk About Mental Health?
- Mar 25 • SPRING BREAK: Join us for a craft activity!!!
- Apr 1 • Anxiety Support Group: Coping Strategies You Can Use Right Now
- Apr 8 • Depression Support Group: It's Okay to Not Be Okay
- Apr 15 • Self-Care: More Than a Bubble Bath
- Apr 22 • Support Systems: Expanding Your Circle
- Apr 29 • Supporting Our Mental Health: Putting It All Together

Questions? Please contact us at:
healthytransitions@directionservice.org
or call 541-686-5060

**Connected
Lane County**



**Direction
Service**

