



let's talk about



MENTAL HEALTH



Interactive Workshop for Girls and Their Grown-ups

Open Up the Conversation: We'll help you and your grown-ups start talking about feelings, stress, and everything else related to mental well-being.

FREE EVENT

Check Out a Cool Guide: We'll explore the "Let's Talk About Mental Health" guide made by RCPH and the Girl Scouts—it has tons of good info!

Register
Here:



Get Practical Tools: You'll learn simple, real-world self-care tips and tricks you can use right away when you feel stressed or down.

Hands-On Activity: We'll finish with a fun, creative project!



January 27th from 5-6pm

**Burlington Area School District
District Office**

**209 Wainwright Ave
Burlington, WI 53105**

