

Youth Health & Wellness



4:30-5:30 P.M.

May 11 & 18 & 25, 2020

May is Mental Health Awareness Month

Sponsored By:

CND-Community for New Direction (cndonline.org)

FCYC-Franklin County Youth Council (feycoh.org)

NAMIFC-National Alliance on Mental Illness, Franklin County Office
(namifranklincounty.org)

For further information please contact:

Susie Shipley-Norwood, FCYC, snorwood@cndcolumbus.org

Jeff Thomson, NAMIFC, ieff@namifc.org

If you are a teenager who is feeling overwhelmed, bored, sad, anxious, or alone during this COVID-19 pandemic, please join our Monday sessions. Multiple aspects of physical and mental health wellness will be addressed through a brief presentation and a period of questions and answers.

Youth Health & Wellness Monday See the ZOOM Meeting Instructions Below

Utilizing a Laptop or PC

Go to zoom.com and click "Join a Meeting", enter Meeting ID# **9603088915** and then click the "Join" button. Click "Open Zoom" when prompted. Enter the meeting password **6145016264**, then click "Join Meeting".

Utilizing Zoom app on Cell Phone

You will first need to have the Zoom app downloaded on your phone. Open app, from the "Meet & Chat" tab (may be somewhat different with different carriers) click on "Join". Following prompts, use Meeting ID# **9603088915** and password **6145016264**.

Call in Directly

Please call 253-215-8782 or 301-715-8592 and use Enter Meeting ID# **9603088915** and password **6145016264**.

If needed, please call 614-501-6264 (9:00 a.m. to 5:00 p.m.) for assistance.