

JOIN US FOR A FREE MENTAL WELLNESS & EDUCATION EVENT

winter warm-up *ice out stigma*

Saturday • December 9 | 12–3 P.M.

Ocean County YMCA | 1088 W. Whitty Road • Toms River

**Mental Health Resources & Activities
for All Ages including a Make Your Own
Hot Chocolate Bar**

Food & Refreshments Provided
Lunch to be served at noon

FEATURING

- ❄️ **Event Welcome** led by Lead U at 1 P.M.
- ❄️ **Community Presentation** for Parents/Caregivers with Clinical Director Susan Tellone and Associate Clinical Director Kalisha Smith.
- ❄️ **Blizzard Blitz** with festive creative challenges surrounding kindness, mindfulness, and problem-solving skills.



This event is hosted by the Society for the Prevention of Teen Suicide and made possible by the Ocean County Department of Human Services through the 2023-2024 United States Department of Treasury's Coronavirus State and Local Fiscal Recovery Funds.

ENTER OUR RAFFLE!

Three winners each receive
a \$300 Visa® gift card.

**Enter by 1 P.M.
for the drawing
at 2:30 P.M.**

**Must be present
to win.**

COURTESY OF



DESIGN
FOUR • FOUR • SIX

REGISTER
for this Free Event!
Walk-ins welcome
but registration
recommended.

