



# Join Us

For a Free Community Event  
Celebrating Youth & Families

Friday, May 10, 2024  
5:00-8:00 p.m.  
Bell Works Holmdel

Welcoming Middle and High School students and their families

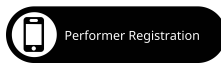
# Be YourSELF

## Creative Arts & Expression Showcase

A gathering of young artists, musicians, and creative minds  
for a night of encouragement, appreciation, and uniting heARTs.

### SELF Expression –

Showcase your skills  
on our stage.  
All talents welcome!  
Sign Up to Perform at



### SELF Stations –

Unique activities to celebrate  
your creativity, including  
Photo Booth, T-Shirt  
Designing, Blow Outs, and  
more! Sign Up to Attend at



Refreshments and Swag Bags will be provided to those who attend!

*This free event is made possible by a suicide prevention grant from the Monmouth County Department of Human Services awarded to the Mental Health Association of Monmouth County in collaboration with Society for Prevention of Teen Suicide and YMCA Greater Monmouth County.*

SPONSORED BY:



Email questions to  
kwilson@mentalhealthmonmouth.org

