



Manhattan Multicultural Summer Youth Program

Announces



Empower Yourself through Journaling

For Ages 14 - 17

Thursday 10am - 11am

August 3 - August 31, 2023

Virtual/Zoom

Do you want to be a mentally alert, physically healthy, emotional secure, and socially competent person?

Join our virtual Summer Youth Journaling Program.

Youths have the opportunity to explore & share thoughts & feelings about their life's journey in a safe space by journaling, which can reduce mental distress & improve mental wellbeing.



Space is limited, to apply, please fill out [this form](#)

For more info email youth@mmcnyc.com

Or call 646-420-6633

\$100 for 5 sessions