

Manhattan Multicultural Summer Youth Program

Announces 📢

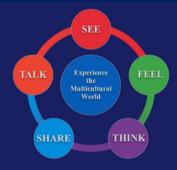
## **Journal Writing**

For Ages 14 - 17 Monday 10am - 11am July 10 - July 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.



Morning: 10am - 11am Space is limited, to apply, please fill out <u>this form</u> For more info email youth@mmcnyc.com Or call 646-420-6633 The program fee is \$80