

STAYING WELL

An emotional health workshop for teens



The Michigan Stay Well program presents a workshop series for teenagers

Four Saturday sessions from 12:00 – 1:00 p.m.

Four in 10 teenagers report they feel “persistently sad or hopeless,” according to a recent CDC survey. Our new workshop series for teens can help young people struggling with these kinds of feelings.

The online workshops are geared toward helping teens understanding the causes and consequences of emotions. Participants will learn how to turn off self-judgement, manage relationships better, and regulate their ups and downs -- with the goal of finding more meaning and purpose in life.

To participate, all you need is an Internet connection to Zoom, paper and pencil, and an open mind.

All sessions are free of charge. [Click here to REGISTER](#) or visit Michigan.gov/StayWell.

Dates and topics

Week 1 / Saturday, April 23 at 12:00 p.m. - **Give yourself permission to feel**

Week 2 / Saturday, April 30 at 12:00 p.m. - **Emotional Intelligence vs. Emotional Judging**

Week 3 / Saturday, May 7 at 12:00 p.m. - **Practical Coping**

Week 4 / Saturday, May 14 at 12:00 p.m. - **Moving Forward**



Zeinab Moussa

The workshop will be conducted by Zeinab Moussa, M.A., LLPC, a clinical mental health counselor with 11 years of experience teaching special education and art. Zeinab specializes in facilitating dialogue about feelings and emotions through structured, art-based exercises. She has children of her own and understands the negative impact COVID-19 has had on the mental health of children and young adults.

The Stay Well program is brought to you by a behavioral health team within the Michigan Department of Health and Human Services, with grant funding from the Federal Emergency Management Agency. Crisis counseling training is provided by the Substance Abuse and Mental Health Services Administration.

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Michigan.gov/StayWell