

# STAYING WELL

An emotional health workshop for teens



The Michigan Stay Well program presents an online workshop series for teenagers - Saturdays from 2 to 3 p.m.



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

The online workshops are geared toward helping teens understand 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. [Click here to register](#) or visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

## Dates and topics

Saturday, Sept. 17 2 p.m. — **Give yourself permission to feel**

Saturday, Sept. 24 at 2 p.m. — **Emotional Intelligence vs. Emotional Judging**

Saturday, Oct. 1 at 2 p.m. — **Practical Coping**

Saturday, Oct. 8 at 2 p.m. — **Moving Forward**



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.

Zeinab Moussa