



Counselor Chats

Join Friends of Youth counselors in a monthly virtual interactive conversation about various mental health and substance use concerns.

These events are free to all! We welcome your questions and are here to provide support. Use the links to register for our upcoming chats today!

REGISTER TODAY

Mental Health and the Holidays
Wednesday, December 16th 5-6pm

[zoom.us/meeting/register/
tJEqdOChrZlpHtE9AXz7EvpVB3dHjif7hMn8](https://zoom.us/join/joinMeeting?zmt=1&zoomMeetingID=tJEqdOChrZlpHtE9AXz7EvpVB3dHjif7hMn8)

Managing Motivation
Friday, January 15th 10-11am

[zoom.us/meeting/register/
tJUlfu6pqT0vHtz31DPW3N5oE4xJTXUWSXSB](https://zoom.us/join/joinMeeting?zmt=1&zoomMeetingID=tJUlfu6pqT0vHtz31DPW3N5oE4xJTXUWSXSB)

Conflict Resolution
Thursday, February 11th 1-2pm

[zoom.us/meeting/register/
tJMpdeihrzsjGNdPAsH07-Qal6vbqBLhq332](https://zoom.us/join/joinMeeting?zmt=1&zoomMeetingID=tJMpdeihrzsjGNdPAsH07-Qal6vbqBLhq332)

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