

Are you a student in 7th grade or above, or parent of one, who wants to learn about stress in adolescents?

Urban Improv Teen Wellness Workshop

for teens and
their families

Sunday Feb. 28

2-4pm

United Parish

15 Marion St.

Brookline

Did you know*

82% of Brookline High School students and **79%** of Brookline 7th and 8th graders report **overwhelming stress or anxiety.**

You could learn coping and problem-solving skills to help with stress/anxiety.

Urban Improv will take on these topics in an engaging, interactive performance, followed by teen & adult breakout discussion groups facilitated by Rotary Interact trained peer leaders and adult mental health professionals.

Registration link: <https://www.eventbrite.com/e/teen-wellness-workshop-tickets-20811946091>

*Data from Brookline Health Survey taken by 1446 BHS students and 936 students in grades 7-8 in 2015.

This is not a religious event. However, United Parish is an Open and Affirming (United Church of Christ) and Welcoming and Affirming (American Baptist) church open to all persons irrespective of race, gender, ethnicity, or sexual identity.