

MIGHTY SCARABS 'RISE TOGETHER'

A collaboration between East Tech and MetroHealth's School Health Program



High School Scholars Are Invited to Talk with MetroHealth Mental Health Professionals About:

Coping with Grief and Loss
Managing Anger
Coping with Anxiety
Feeling Depressed
Healthy Relationships

When: Thursdays 3:45-4:30 PM

Why: Enjoy a safe and accepting space with peers and professionals to discuss a variety of topics and engage in interactive activities!

Starting February 25!

Where: <https://us04web.zoom.us/j/75840855939?pwd=ejZHZDMrekMOVUFL2ICTWtFUGw4Zz09>

Meeting ID: 758 4085 5939

Passcode: kvz5C3

Who: Tech East Scholars 9-12th grade