

FREE EVENT

# empower up!

your mental wellness

**Featuring:**

- Engaging activities and workshops
- Inspiring talks by local youth leaders

A day where young people will come together in one space to empower one another to elevate mental well-being.

For grades 9-12

Lunch and giveaways will be provided.

**Thursday  
May 4, 2023**

**10AM – 2PM**

**Cal Lutheran  
University**

**Save the Date!**

To register, contact:  
**MHSA@ventura.org**

Brought to you by  
Ventura County Behavioral Health,  
Ventura County Office of Education,  
BRITE

Spanish and ASL interpreters will be available.

Funding is made through Ventura County Behavioral Health, Mental Health Services Act.