

A MEETING ORGANIZED BY

AJSPEACEPROJECT, INC.

# TEEN MENTAL HEALTH

## SUPPORT GROUP

*Creating Peace in the Young  
Mind through Expression*



**When :** August 13, 2017 and August 27, 2017 5pm—6pm  
(every other Sunday calendar permitting)

**Where:** 13401 Tanja King Blvd. Orlando, FL 32828

**Who:** Parents and teens who live with mental health issues.

**Fee:** Free

**Topic:** Let's start the conversation about mental health and teens. Paving a new road to understanding our teenagers will help us know better and do better where their mental health is concerned.

### **About our Organization**

AJsPeaceProject, Inc. was created on September 30, 2013 to generate awareness about the importance of mental health in teenagers and young people.

Our mission is to create peace in the young mind through alternative, complementary, and holistic medicinal options.


Our vision is to provide an outlet for teens and young people who live with mental illness. These options are ways of coping, by using them, mental illness may be manageable and or eliminated all together.

As our group progresses, we will facilitate workshops based on the needs of our teens. (music therapy, art therapy, acupuncture, gardening, meditation, yoga, nutrition, and essential oils)




**Learn More & Visit:**

[www.ajspeaceproject.com](http://www.ajspeaceproject.com)

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