AVPH
Antelope Valley Partners for Health
Community Collaborative Promoting Health and Wellness

Erick A Garcia
"You Are Enough" Foundation™

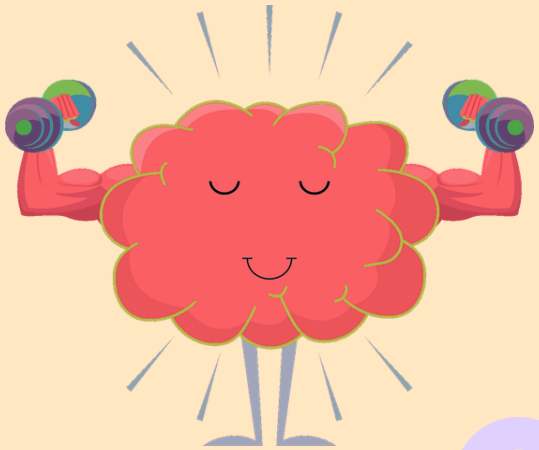
BUILDING RESILIENCE

A safe space to feel your feelings, no judgement. We'll talk it out, get creative and learn ways to cope that actually help.

WHAT WE OFFER:

- Coping tools
- Safe space
- Learn emotional regulation
- Art activites
- Real talk
- Tools that actually work

Ready to check it out? Scan the QR code for more info, or contact:
Cristina Arevalo at 661-916-1419 or cgonzalez@avph.org
Or
Jasmine Mitchell at 661-522-2943 or Jmitchell@avph.org



DISCLAIMER: We are not licensed mental health professionals, but we can connect youth with appropriate resources and services.