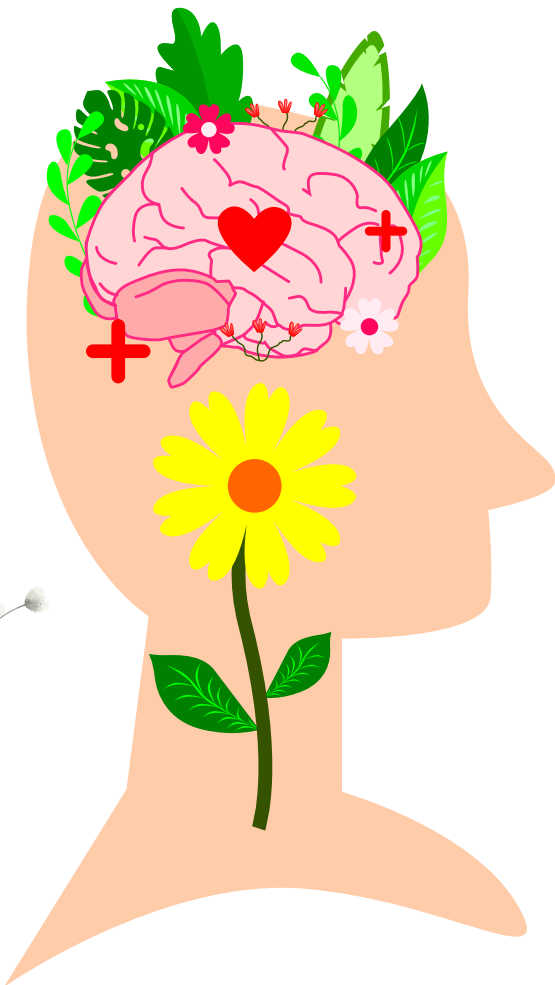


Empower Somerset & the Empower Youth Advisory Board present:

WELLNESS : TURNING CHALLENGES INTO OPPORTUNITIES



Tuesday, May 21st
6 - 7:30 PM
[Click here to register](#)



During this virtual presentation, participants will learn how to enhance mental wellness with practical strategies and actions, what wellness really is and how to cultivate protective factors to support themselves when times are challenging, and where to turn when extra support is needed.

This event is open to middle school students and their parents/caregivers.

Youth must be accompanied by an adult.

Guest Speaker

Marney Rohda



Marney has worked with youth, families, schools, and their communities in the fields of trauma, grief and suicide prevention for over 20 years.

In that time, she witnessed unimaginable resilience in the face of loss. She is honored to share the wisdom she has gained from others.

