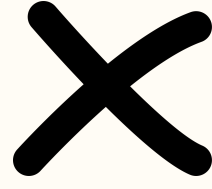


MANUAL



AVON OLD FARMS
SCHOOL

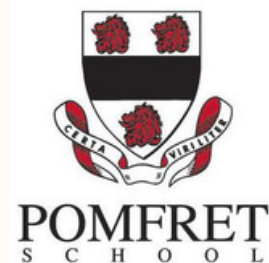
Hello Parents and Guardians! **Avon Old Farms** has partnered with **MANUAL** to offer your son access to our **Digital Self-Help Resource!** MANUAL is an exclusive **mental wellness and personal development platform** specifically designed for boys and young men. Our goal is to provide tailored support and tools to help them navigate the challenges of growing up.

By using MANUAL, your son can gain valuable insights and practical advice on a wide range of topics, from managing stress and building resilience to setting goals and improving relationships. We are committed to helping young men navigate their journey toward adulthood with confidence and clarity. To learn more about how MANUAL can benefit your son, continue reading below!

WE ARE PARTNERED WITH OVER 50 INSTITUTES ACROSS THE COUNTRY



MILLBROOK



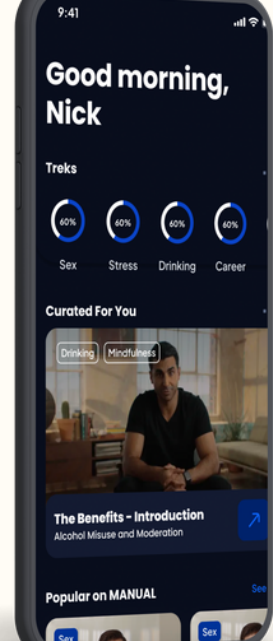
WHAT YOUR SON GETS...

How to meet my gym goals

How to navigate relationships

Help with goal setting

Whatever is on your mind

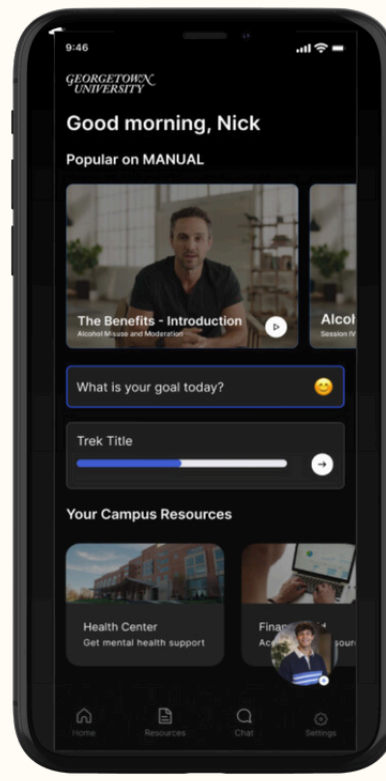


1:1 ANONYMOUS TEXT COACHING

Personalized guidance whenever he needs it, just by sending a text!

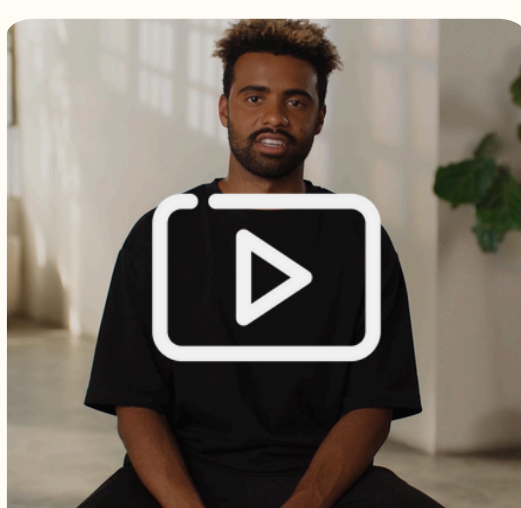
25+ HOURS OF SHORT VIDEOS

Full access to hundreds of short videos to watch at his own pace, anytime, anywhere — whether on our App or Website.



Topics Include

- Physical Wellness
- Financial Literacy
- Meditation
- Substance Misuse
- Resiliency
- Anxiety
- Nutrition
- Sleep



MONTHLY LIVESTREAMS

A chance to connect with experts, diving deeper into topics like academics, career panels, and a whole lot more.

MANUAL

Mens Mental Health & Personal Development Platform

TEXT US ABOUT

- Managing Stress
- Physical Health
- Financial Health
- Healthy Relationships



1:1 ANONYMOUS TEXT COACHING



20+ HOURS OF EXPERT CONTENT