

YOU ARE NOT ALONE

TEEN WELLNESS WORKSHOP

# Cupid's Guide to Self Love

Learn how to build resiliency and connect with other teens in a virtual discussion about self care and self love.

**FEBRUARY 10TH @ 3:30- 5 PM**

**RSVP: <http://bit.ly/guide2selflove>**



RANCHO  
CUCAMONGA  
2020



ALL TEENS WELCOME TO JOIN

COME SHARE YOUR OWN STORY

TAKE THE TIME FOR YOU

## WHAT TO EXPECT?

- Learn to love yourself and build resiliency
- Listen to youth stories about their mental health journeys
- Be in community and find a safe space to talk with other teens in the city

## THANK YOU TO OUR PARTNERS



ASSEMBLY MEMBER  
**James C. Ramos**  
DISTRICT 40

