YOUTH MENTAL HEALTH WELL-BEING GATHERING

This event will include an art project for all ages!

Art is often used as a coping skill to promote well-being, and can be a wonderful outlet during the COVID-19 quarantine.

Directions: Everyone is invited to submit art work, being a drawing, painting, poem, music video, etc. It can be done anonymously, but please indicate if submission is from a child, teen, or adult. Please submit the art to: cyfliaison@namisad.org by May 4, 2020 to be featured at the May 7, 2020 event. Submissions will continue to be collected throughout May 2020 for a final art slide show product. All submissions will be featured on NAMI San Diego's CYFL website page!

See you and your family online on May 7!