

FREE Community Led Mental Well-Being Sessions

Led by Community Leaders, Healers and Counselors

Allina Health’s teen mental well-being initiative, [Change to Chill](#) (CTC), is partnering with Hennepin County Public Health to promote **free virtual mental well-being sessions** to teens and parents most impacted by COVID-19 throughout Hennepin County. You are invited to register for free and share these opportunities with Hennepin County teens, parents and caregivers, educators and support staff. All are welcome; please register.

To ensure these sessions are a safe space for sharing and discussing unique needs, we ask only those who identify with the intended audiences to register for the respective sessions. Allies of these communities are welcome to attend sessions created for “all” attendees. ALL sessions are free but registration is required.

Find Your Fit:

Hennepin County Residents	Date	Intended Audience	Registration Link
Staff/Educators	Monday, November 9, 7PM CST via Zoom	ALL school staff, educators and community partners	Register here
Parents/Caregivers	Tuesday, November 10, 7PM CST via Zoom	ALL parents, caregivers and guardians of teens	Register here
	Tuesday, November 17, 7PM CST via Zoom	Parents, caregivers and guardians of Latinx teens	Register here
	Tuesday, December 1, 7PM CST via Zoom	Parents, caregivers and guardians of Native American teens	Register here
	Tuesday, December 8, 7PM CST via Zoom	Parents, caregivers and guardians of Black teens	Register here
Teens (13-19 years old)	Thursday, November 12, 7PM CST via Zoom	ALL teens in Hennepin County	Register here
	Thursday, November 19, 7PM CST via Zoom	Latinx teens	Register here
	Thursday, December 3, 7PM CST via Zoom	Native American teens	Register here
	Monday, December 7, 7PM CST via Zoom	LGBTQIA+ teens	Register here
	Thursday, December 10, 7PM CST via Zoom	Black/African American teens	Register here