

MENTAL HEALTH HOUR

JOIN OTHER HIGH SCHOOL STUDENTS FOR AN HOUR OF UNWINDING AND RECHARGING!

WHEN: Sunday, November 24th at 10:30am

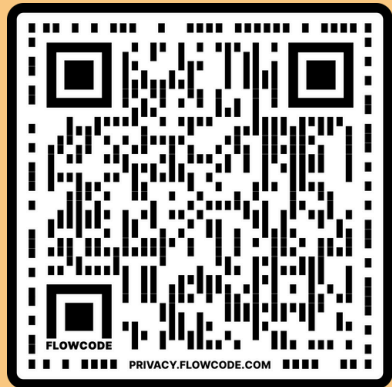
WHERE: Cold Spring Park
1189 Beacon St, Newton Centre

WHO: high school-aged people who live or go to school in Newton

WHAT:

- A **free** and casual **guided walk** through Cold Spring Park.
- Organized **by local high school students, for local high school students.**
- An opportunity to **meet new friends** and **take a break from stress.**

Come **share an experience** with your community and prioritize your mental well-being!



SCAN THIS QR CODE TO SIGN UP!

Sign-up **encouraged**, not required.

Questions?
email mhaas@newtonma.gov

