



# ELEVATE YOUTH

## WORKSHOPS

**JOIN US FOR A SERIES OF WORKSHOPS DESIGNED TO STRENGTHEN YOUR PERSONAL AND PROFESSIONAL SKILLS!**

### Meetings on

- Saturday, Oct 26<sup>th</sup>
- Saturday, Nov 2<sup>nd</sup>
- Saturday, Nov 9<sup>th</sup>






- ♦ **MENTAL HEALTH & WELLNESS**
- ♦ **DON'T ABUSE, REFUSE**
- ♦ **NUTRITION & FITNESS**
- ♦ **REST & DIGEST**

Reach Out's Jurupa Valley  
Resource Center

8300 Limonite Ave  
Suite F Jurupa Valley  
Ca, 92509

REGISTER HERE



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 @ELSOLNEC



**REACH OUT**  
Strengthening Communities