



YOUNG MINDS
MENTES JÓVENES

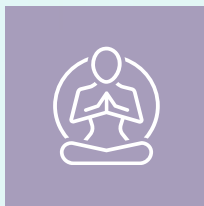
KINGS COUNTY

What is the Young Minds Kings County Project?

Young Minds is a program that supports youth with managing stress and emotions, relating to others, and making positive choices. Young Minds offers free services for youth in grades K-12 and their families.

This project is provided by California Health Collaborative with funding from Kings County Behavioral Health.

OUR PROGRAM GOALS



INCREASE
EMOTIONAL
HEALTH



SUPPORT SUCCESS IN
SCHOOL



STRENGTHEN
HEALTHY
RELATIONSHIPS

BRIEF LIST OF PROGRAM SERVICES

- Classroom Mindfulness Lessons
- School-wide Emotional Health Activities
- Social Skills Activities
- Coping and Support Groups
- School Staff Training
- Family Engagement Activities

CONTACT THE YOUNG MINDS TEAM

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