



City of  
**Mountain View**

*4th Annual*

# TEEN WELLNESS RETREAT

**Saturday, September 28**

**9:30 a.m. - 2:30 p.m.**

**Mountain View Community Center**

The Teen Wellness Retreat is an all-inclusive, action-packed event featuring a keynote speaker, workshop sessions, self-care activities, a resource fair, lunch, and more. Think of it as a day to reboot - Empower. Unwind. Thrive.

*This event is open to 9th - 12th grade teens.*



**FREE!** Register online by September 25.  
**[MountainView.gov/TeenWellnessRetreat](https://MountainView.gov/TeenWellnessRetreat)**

# EVENT HIGHLIGHTS

## Workshop Sessions

Choose your own adventure during three different workshop sessions. Topics include mindfulness, stress management, and self-expression.

## Keynote Speaker

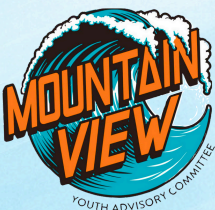
Thrive in life! Be inspired and learn essential skills, including curiosity, compassion, and perspective, for a happier, healthier YOU.

## Lunchtime Activities

Enjoy a healthy lunch, browse resource tables from community organizations, and get pets, hugs, and cuddles from furry friends!

## Giveaways and Raffles

Take home a swag bag full of mental health resources and goodies, enter to win awesome prizes, and enjoy ice cream!



*The Teen Wellness Retreat is an annual event organized by teens for teens!*