



**It's All About H.E.R.**  
Hope, Empowerment, and Resilience

ABILITY  CENTRAL

 **AERIE REAL  
FOUNDATION**

**Are you a young woman (18–22) looking for mental health tools to build confidence and practice self care?**



## **Your mental health. Your strategies. Your strength.**

The It's All About H.E.R. Initiative invites you to a free, 60-minute nationwide workshop **Mental Wellness: You Got This! A Toolkit of Strategies for Tough Days** is for young women (18-22) with disabilities that impact how they communicate with the world.

### **What You'll Get**



**Learn Practical Tools:** Discover simple, helpful tools, resources and strategies to manage stress, set boundaries, and care for your mental health.



**Community & Support:** Build confidence and learn how to advocate for yourself with pride.



**Access for All:** Each session includes ASL interpretation and live captioning to ensure everyone can participate fully!



**Scan to learn more!**

### **Why It Matters**

You don't have to do it all alone. This session is here to give you a boost, share practical tools and strategies, and remind you that your mental health matters. You'll leave feeling stronger, empowered, and more confident in how to take care of yourself.



**Mental Wellness: You Got This!**  
**A Toolkit of Strategies for Tough Days**  
**Friday, December 5, 2025 | 11:00 AM PST**  
**Free + Virtual**  
**Register at: [abilitycentral.org/her](https://abilitycentral.org/her)**

Brought to you by **Ability Central** with funding from the **Aerie Real Foundation**.

Have a Question? Email us at [community@abilitycentral.org](mailto:community@abilitycentral.org)