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# MESA

## Mental Health & Wellness Hangouts

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*Make connections, get support, share strategies & have fun!*

Thursday's from 1-2pm via Zoom  
Click this [Virtual Hang Out Link](#) to join  
Zoom Meeting ID: 918 2645 8707 Passcode: s4ipFE

Hosted by Mesa School Counselors & Social Worker

### **TOPICS INCLUDE:**

- Stress Management
- Peer connection & support
- Online relationships
- How to help a friend
- Impact of social media
- Grief & Loss
- Self-care
- Coping w/Covid
- Open mic



**[CLICK HERE TO SUGGEST  
A TOPIC](#)**

***#wearemesa***