

# Progression – a free class about mental health for young people aged 13-19

**Progression: a movement or development toward a destination or a more advanced state, especially gradually or in stages.**

If anxiety, depression, or other mental health concerns are keeping you from meeting your goals, Progression can help!

Progression offers a safe space where you can talk about what you are going through with others who understand. You will get the facts on mental health from peers who have been there.

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**Tuesdays February 2<sup>nd</sup> – March 8<sup>th</sup>**  
**7:00 pm – 9:00 pm**

**Lakeville**  
Crystal Lake Education Center  
16250 Ipava Ave

Visit <https://ProgressionLakeville2-2.eventbrite.com> to register.  
**Registration is required.**

Questions? Contact Andrea Lee at [alee@namimn.org](mailto:alee@namimn.org) or 651-645-2948 x106



800 Transfer Road, Suite 31  
St. Paul, MN 55114  
Phone: 1-651-645-2948  
Toll Free: 1-888-626-4435  
[www.namihelps.org](http://www.namihelps.org)