

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.

**Thursdays March 3rd – April 7th
7:00 pm – 9:00 pm**

St. Paul
St. Paul Public Schools
360 Colborne Ave

Visit <https://ProgressionStPaul3-3.eventbrite.com> to register.
Registration is required.

Questions? Contact Andrea Lee at alee@namimn.org or 651-645-2948 x106



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