

CalHope

TOGETHER for Wellness

Together for Wellness Adolescent and Young Adult Advisory Councils

Together for Wellness is a website with FREE digital wellness resources for understanding and coping with issues from Covid- 9. Issues such as stress, social isolation, school participation and more.

To gather input on the resources from the perspective of adolescents on young adults, UCLA and its community partners across the state are hosting several Advisory Council Sessions (via Zoom). As a thank you, participants are eligible to receive an e-gift card (per session attended).

If you are interested in joining or have any questions, please contact the project manager, Daniela Flores at dfloresromero@mednet.ucla.edu

Visit the Together for Wellness Website:
<https://calhope.semel.ucla.edu>