

JOIN



Locust United Methodist Church

and

TALKITOUT

Where: Virtually
Time: 7pm - 8pm
Cost: Free

Seeking to talk about your difficulties, gain support, learn new coping skills, and experience the healing power of sharing feelings and thoughts? Come join TALK IT OUT group sessions, an interactive conversation led by a mental health professional who cares.

FOR: **High School Students** Grades 9-12th | 1 hour sessions, 12 Weeks | Starts July 12th

Young Adults Ages 18-25 | 1 hour sessions, 12 Weeks | Starts July 13th

Registrants? Scan the QR code or go to <http://www.locustumc.org/TalkItOut> to complete registration and sign the Consent and Liability Waiver Form. (Note: High School students under 18 must have parent sign the waiver form.)



QR Code

Questions should be directed to Emily Fowler at tlkitoutinfo@gmail.com



Deadline for Registration:
July 1, 2022

TALK IT OUT Founder and Facilitator

Emily Fowler is a mental health professional with a Master's Degree in Clinical Mental Health Counseling. She facilitates sessions and ensures that each individual feels seen, heard, and understood. The Facilitator will maintain a professional relationship with the participants at all times.

"Partnering with faith leaders to support the mental health and wellbeing of our community."

