

# MENTAL WELLNESS

and

## LEADERSHIP DEVELOPMENT

### FOR TEENS

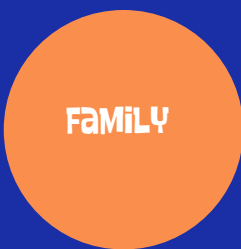
*Integrate our  
digital magazine and related services  
into your school or organization*





# DIGITAL MAGAZINE & MENTAL WELLNESS SERVICES

## TOPICS



## FACILITATOR'S GUIDE



*Offers extension activities and deepens engagement among teens and youth facilitators*



## MONTHLY iTHRIVE CHECK-IN



*Live, check-in with an Empowered Minds Coach (mental health professional) and specially assigned teen group.*



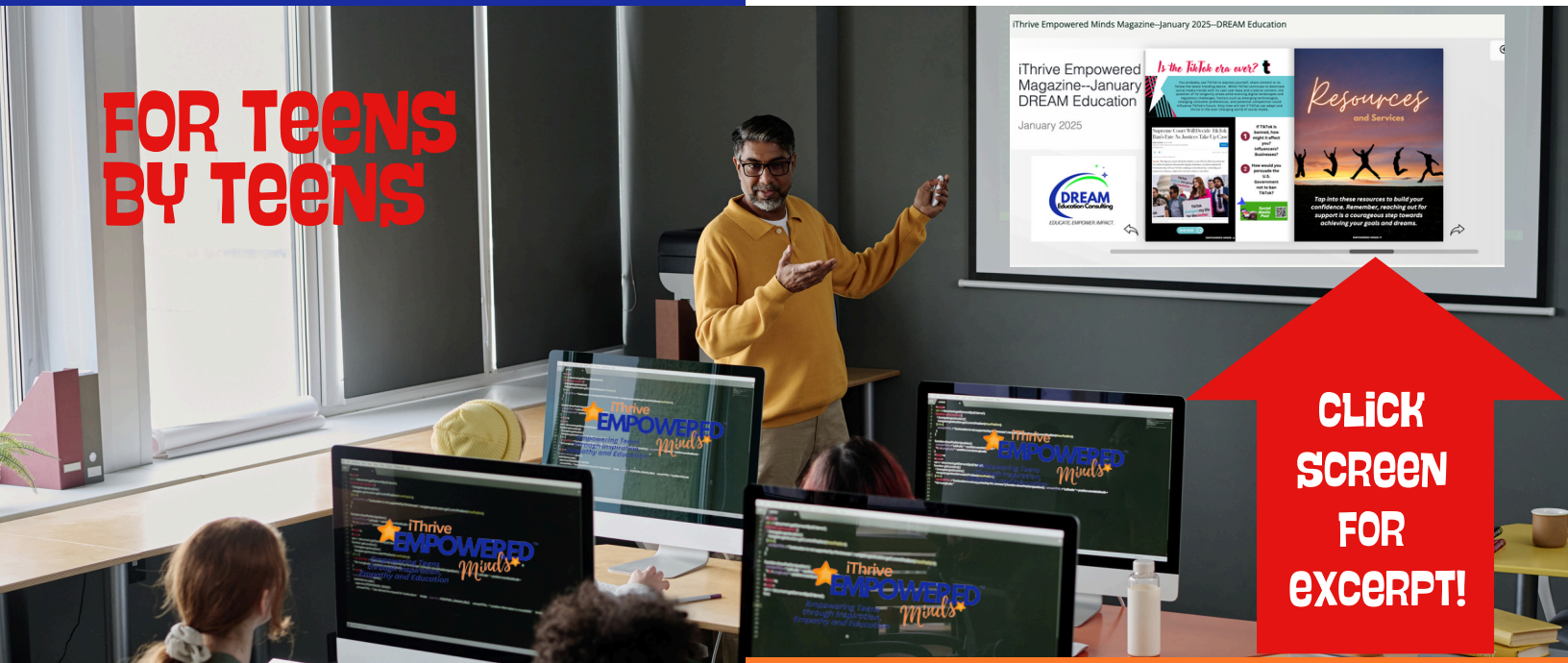
## EM INFLUENCERS



*Promotes mental health; connects with global teens; advocates for equity*



# FOR TEENS BY TEENS



CLICK  
SCREEN  
FOR  
EXCERPT!

## BENEFITS

**Features** a wide range of topics and perspectives to help students appreciate different cultures and viewpoints, contributing to a more empathetic and understanding school community.

**Fosters** a sense of community and belonging among teens, encouraging them to express themselves creatively and constructively.

**Builds** communication and leadership through integrated activities as well as the opportunity to become an *Empowered Minds Influencer*.

**Enhances** critical thinking and analytical skills through research, writing to influence, questioning sources, evaluating information, and forming well-rounded opinions.

**Provides** an opportunity for teens to discuss and explore important issues from mental health and social justice to friends and the arts, in a safe and supportive setting.

## COSTS

### OPTION 1:

**Bulk Magazine Subscriptions ONLY**  
**\$89/year/teen**  
(minimum 10 subscriptions)



PAY NOW



### OPTION 2:

**Monthly iThrive Check-ins--\$49/month AND**  
**Bulk Magazine Subscriptions--\$89/year/teen**  
(minimum 10 teens/organization and 1-year commitment)

### OPTION 3:

**Facilitator's Guide**  
**\$49**




## CONTACT

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→ LEARN MORE

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School/Organization \_\_\_\_\_

# PRICING WORKSHEET

**OPTION 1:**

**Bulk Magazine Subscriptions ONLY**  
**\$89/year/teen**  
(minimum 10 subscriptions)

**OPTION 2:**

**Monthly iThrive Check-ins--\$49/month AND Bulk Magazine Subscriptions--\$89/year/teen**  
(minimum 10 teens/organization and 1-year commitment)

**OPTION 3:**

**Facilitator's Guide \$49**

ITEM	Number of Participants	Cost
		\$
		\$
		\$
		\$
		\$
		\$



**PAY NOW**



<b>Total</b>	\$	<input type="text"/>
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Email [tamara@consultdream.com](mailto:tamara@consultdream.com) to request invoice, if needed.