



# TEENTALKS

# Reflect/Refocus/Refine

*Cherish every memory through different lenses*

Explore how photography can help with managing your stress and mental health. Through workshops, games & weekly challenges, we will learn how to use photography as a journal to reflect on our lifestyles, readjust our focus and become a healthier and better us.

*Experience and fancy cameras are not required!*

For high school youth  
Fridays, 4:30 PM – 6:00 PM  
10/04/19 – 12/20/19

Teen Resource Center  
125 Walker St. 2nd Floor  
New York, NY 10013

*Light refreshments will be provided every session!*

If you are interested, sign up here: <https://bit.ly/2Mk4Bhh>  
Deadline: Friday, 09/27 by 6:00 PM

For questions contact  
Tiffany Li at [tiffli@cbwchc.org](mailto:tiffli@cbwchc.org) or call (212) 226-2044



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

