



**NEXUS YOUTH & FAMILY SERVICES PRESENTS:  
MENTAL HEALTH & WELLNESS WORKSHOP**

# **CHOOSE OPTIMISM**

This month's workshop discusses the importance of having a positive perspective and offers strategies to help increase optimism. When we have a more optimistic mindset, we are better able to buffer the effects of common daily life stressors and feel happier.

LINK: [Choose Optimism](#)



No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.

**FREE WORKSHOP**

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**AVAILABLE IN  
ENGLISH & SPANISH**

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**AVAILABLE ON THE  
NEXUS YOUTUBE  
CHANNEL AND  
FACEBOOK PAGE**

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