



# The Last Tuesday

(Every month)

**5:30 to 7 p.m.**

## UPLIFT

3701 Ridge Road  
Cheyenne, WY 82001  
Dinner will be provided

**MY LIFE features inspirational speakers, uplifting entertainment, fun activities, free food and information on a variety of topics important to youth.**

- ❖ MY LIFE is a FREE, fun and inspiring group for youth between the ages of 13 and 23 who have experience with mental health, substance use, foster care and/or other challenges.
- ❖ Through regular events, performances, special events, social media, and presentations, youth share their stories and support each other in overcoming obstacles and reaching their goals.
- ❖ There are no special requirements for participation and family members and other stakeholders are welcome to attend to support the youth.
- ❖ MY LIFE and all related activities are presented in partnership with local communities and other youth-serving organizations.
- ❖ MY LIFE is held on the last Tuesday of every month.

[www.facebook.com/WYMagellan](http://www.facebook.com/WYMagellan)



*Hope ~ Health ~ Well-Being*

For more information, contact:

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