

**GROWING HOPE** | **POP UP EVENT** **SATURDAY, FEBRUARY 8TH**  
**10 AM - 12 PM**



**a day dedicated to** **MINDFULLY UNWINDING**

This free event offers a variety of fun activities for youth, including rock painting, crafts, music, and giveaways. Have fun and enjoy food while exploring ways to relax and nurture mental well-being. You will get a chance to ask “the pros” about mental well-being and learn ways to become or stay grounded through mindful breathing techniques.

**PINELLAS PARK PUBLIC WORKS BUILDING**  
6250 82nd Avenue North Pinellas Park, FL 33781

