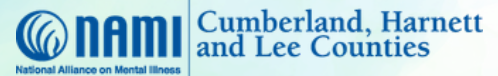




Thrive and Expect 2026:

Youth & Young Adult Mental Health Summit

*The Mind, Motivation, and Momentum
Experience of Uplifting the Community*



 **Saturday, May 16**
 **12:00 PM – 4:00 PM**
 **Hope Mills
Recreation Center**



PLUS...

- Community vendors & mental health resources
- Door prizes & raffle giveaways
- **FREE** food

Let's Talk Mental Health. Let's Build Stronger Futures.

Join us for an inspiring community event focused on supporting mental wellness for youth and young adults.

Youth • Parents • Mentors • Educators • Community Supporters — You're invited!




Come be **inspired**. Come be **informed**. Come be **empowered**.

Mental wellness matters and seeking help is a sign of strength.

What to Expect:



- **Real Conversations** with a diverse panel of Licensed Mental Health Professionals, Youth, and Young Adults.
- **Real Strategies** for building awareness, promoting mental health advocacy, and equipping with knowledge and resources.
- **Motivational message** focused on confidence and reducing stigma.
- Interactive Q & A in a safe, judgment-free space.

Contact Us!

 910-759-4133
 twilkins@townofhopemills.com
 5766 Rockfish Rd, Hope Mills, NC 28348



Contact for Future Event Information

Dr. Charmaine James, LCMHC, LCAS-A, NCC & DaQuaria Shepard, LCSW-A, LCAS-A
 charmaine@thecarterclinic.com
 dshepard@thecarterclinic.com