

Youturn Health Family Support Services



Peer Coaching

You will be matched with a Youturn Health Peer Coach with a similar lived experience who can help you understand and navigate:

- Stress
- Parenting challenges
- Healthy relationships
- Bullying and peer pressure
- Substance use
- Major life challenges
- Blended family transitions
- Self-care

Online Education

Watch over 500 educational and inspirational videos to help you better understand mental health, stress management, substance use, and more.

Register: <https://now.youturnhealth.com/register>

Registration code: Seattle

LEARN MORE AND ENROLL

1-888-520-1868

admissions@youturnhealth.com

IS YOUTURN HEALTH RIGHT FOR YOU? REACH OUT TO LEARN MORE

YouturnHealth.com

We focus on helping you maintain long-term success.