



## About Us

16 Strong Project is dedicated to empowering adolescents affected by adverse childhood experiences (ACEs) to take control of their own mental and emotional wellbeing. Our Youth Board allows students to participate in passionate projects and work with other youth mental health advocates.



## Who Can Join?

Youth Ages 14-24 Who:

- Want to grow as a leader and mental health advocate
- Demonstrate excellent communication and organizational skills
- Are interested in collaborating with like-minded peers from all over the United States
- Are able to inspire other youth and adults to take action for change
- Are dedicated to making their community a more equitable place
- Are interested in mental health education and awareness-building

## How Do I Join?

To Apply: [Click Here](#)

For any questions, email us at:  
16STRONGPROJECT@GMAIL.COM

