



ADOLESCENT  
COUNSELING SERVICES  
strength through support

e-newsletter  
spring 2016



**This month's blog feature:**

Wellness Focused for Teens  
*Written By: Kyle Yamasaki, LMFT*  
*ACS Site Supervisor, Redwood High School*

[Read it!](#)



**ACS in the Press**

*The Palo Alto Weekly* recently covered our relocation to Redwood City, and highlighted the service program expansion!

[Read the Article](#)

2016 Mental Health Month

2016 Mental Health Month

**May is Mental Health Month!**

20% of youth ages 13-18 live with a mental health condition; know the warning signs!

[Get the Facts Here](#)



**Save the Date!**

**Out to Eat**

Friday, October 21, 2016 | 6:00 - 10:00 pm  
Oshman Family JCC  
Palo, Alto, CA

[Visit Event Website](#)

**ACS only has \$30,000 left to raise by June 30, 2016 to meet our goal!  
You still have a chance to help this fiscal year. #30by30**

[DONATE](#)

Stay Connected



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