

Serving teens 11-18



Teen Xpress is providing FREE services!

Where: Colonial High School

When: Monday, Wednesday & Friday (During OCPS grab-and-go distribution days)

Time: 10am – 2pm

Call: 321-842-1767 or **Text:** 407-463-6592 to make an appointment (other sites/days available) and to learn more about our program

Teen Xpress offers the following FREE services...

Mental Health Counseling by Susie Raskin, LMHC

- Mental health services are provided virtually - over the phone or through video conferencing

Medical Services by Eileen Navarro, APRN & Shalani Grant, CMA

- Free physicals & immunizations

Case Management Services

- Helps connect families to resources within the community
- Provides food resources to families

Nutrition Services by Holly Malcom, Registered Dietitian

- Nutrition services are provided virtually – over the phone or through video conferencing
- Assists case manager with providing food resources to families



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