



# Join Us

For a Free Community Event  
Celebrating Youth & Families

Friday, May 16, 2025  
5:00-8:00 p.m.  
Bell Works Holmdel

Welcoming Middle and High School students and their families

# Be YourSELF

## Creative Arts & Expression Showcase

A gathering of young artists, musicians, and creative minds  
for a night of encouragement, appreciation, and uniting heARTs.

**SELF Expression** – Perform your skills on our stage or display your artwork! All talents welcome!

**SELF Stations** – Activities to celebrate your creativity, including Photo Booth, T-Shirt Designing, Affirmation station, and more!

Scan the QR code or visit [bit.ly/BeYourSELF25](http://bit.ly/BeYourSELF25) to sign up to Showcase or Attend.



Refreshments and Swag Bags will be provided to those who attend!

*This free event is made possible by a suicide prevention grant from the Monmouth County Department of Human Services awarded to the Mental Health Association of Monmouth County in collaboration with Society for Prevention of Teen Suicide and YMCA Greater Monmouth County.*

SPONSORED BY:



Email questions to  
[EMurphy@mentalhealthmonmouth.org](mailto:EMurphy@mentalhealthmonmouth.org)

