

TEEN WELLNESS CENTER TEAM

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You can expect bi-weekly meetings with us to check in on needs and how you are doing. Our goal is to help you succeed academically, see you graduate, and be prepared for your future! We believe in you!

WHAT WE CAN HELP YOU WITH

BASIC NEEDS

- Food Assistance
- Hygiene Items
- Shower and Laundry Facilities
- Clothing
- Housing Referrals
- Job Hunting/Resume Help

MENTAL HEALTH

- Wellness Room Activities
- Referrals for Mental Health Counseling
- Space to take a break
- Mindfulness Activities

ACADEMIC HELP

- Quiet Study Rooms
- Frequent Check-ins with our Academic Success Coach
- After-School Program Tutoring
- Help working off U's
- Internet Access

You will be added to the WX Teen Wellness Center Canvas Page. You can access resources and other important information from this page.

Follow us on Instagram to get more information on resources!



SCAN HERE

OTHER INFORMATION

- This is where you will pick up Pantry Packs every week.
- Before long breaks you can come and get extra Pantry Packs.
- We have hygiene items that you can take home as well.
- Bring your Student ID when you come out to the Teen Center so that you can get back into the school.

SETTING UP A MEETING WITH US

If you would like to meet with us, fill out this QR Code form and we will meet with you ASAP or you are welcome to come see us anytime!

Do what you are most comfortable with!



SCAN HERE



WOODS CROSS TEEN WELLNESS CENTER

Open
7 am - 3 pm
Mon-Fri