

Reset & Recharge:

A virtual summer program for students

We know it's been a long school year – that's why summertime is the perfect opportunity for students of all ages to reset and recharge their mental health!

Charlie Health's virtual R&R program will help students maintain social connections and set them up for success in the school year ahead. Refer a student who could benefit from support this summer, or reach out to learn more.

When does it start?

June 3, 2024

How long does it run?

9-12 weeks (based on individual needs)

What's the age range?

11-23 years old (middle school, high school, and college)

R&R's skills-based program will focus on:

Executive functioning

Healthy habits

Empowered decision-making

Schedule:

11-2 MT (10-1 PT, 12-3 CT, 1-4 ET)

Three days per week
(available Monday-Thursday + Saturdays)

Make a referral:

Visit: charliehealth.com/referrals

Call: (866) 491-5196

Be sure to mention that you're interested in our R&R program!

Refer today

