



ECHO (Exploring Community, Healing & Obstacles) is a peer support group for teens ages 14-18 struggling with mental health, led by people with lived experience.

Every Tuesday from 5-6:30pm

**415 Mason Ct. #1
Fort Collins, CO 80524**

The Matthews House

Free to attend; ages 14-18.

Snacks provided.

FAQ: bit.ly/echoFAQ

Facilitated in the Alternatives to Suicide model, ECHO is a confidential space to explore difficult emotions, listen to the stories of others who have “been there,” and connect with a peer community.

Facilitated by the Yarrow Collective in collaboration with SPLASH NoCo Youth, The Matthews House, and the Alliance for Suicide Prevention of Larimer County.

bit.ly/YarrowCollective

