

X-CITE

TO REACH X-CITING NEW HEIGHTS

WHAT IS IT?

FREE COMMUNITY-BASED WELL-BEING MENTORING PROGRAMME

2 TRAINED MENTORS : 4-5 MENTEES

+ EXPERIENTIAL ACTIVITIES

9 SESSIONS
(ONCE A MONTH)
OCT 2023
TO
JUNE 2024

BE A MENTEE

FOR 18-25 YEAR OLDS

BE PART OF A YOUTH MENTAL WELLNESS ECOSYSTEM

LEARN AND IMPART WELLNESS SKILLS

CHOOSE TO EMPOWER AND ADVOCATE!!



6583 8341

<https://care.sg/x-cite/>

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<https://tinyurl.com/xcitesg>