REST IS A POWER MOVE.

The world is loud, fast, and demanding. Choosing to hit pause, set a boundary, or ask for help isn't "quitting"— it's taking control. Own your peace.

Join the conversation

TEEN MENTAL HEALTH AWARENESS MONTH

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For more information contact:

Dr. Kenneth E. Benton or Dr. Marilyn C. Benton

academicabundance@gmail.com

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