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Get information for **Middle School Youth** right on your phone—not on handouts.

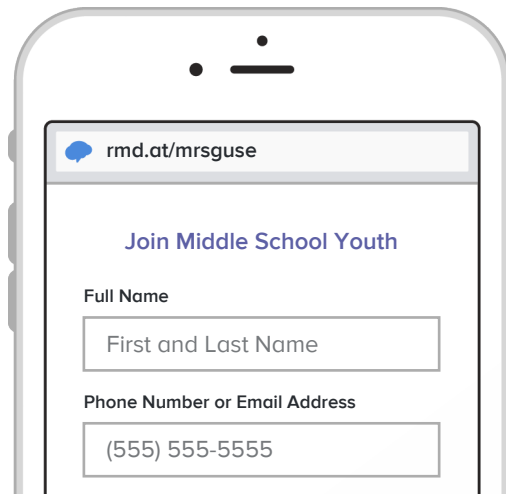
Pick a way to receive messages for **Middle School Youth**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/mrsguse

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@mrsguse](https://www.remind.com/@mrsguse) to the number **81010**.

If you're having trouble with **81010**, try texting [@mrsguse](https://www.remind.com/@mrsguse) to **(754) 220-7826**.



Don't have a mobile phone? Go to rmd.at/mrsguse on a desktop computer to sign up for email notifications.