

MENTAL HEALTH

SUPPORT GROUP

This is a safe and confidential space for individuals who have been affected by mental illness; is caring for a loved one with mental illness; or for those who simply want to learn more about the basic principles of mental health and wellness; and how to get help.

TOPICS

October 3: Erasing the Stigma in BIPOC Communities

October 4: Knowing the Signs (National Day of Prayer for Mental Illness Recovery & Understanding)

October 6: Reach out & Disclosing (National Depression Screening Day)

October 7: Therapy & Resources

Mental Illness Awareness Week

October 2 - 8



Location:

Parent
Resource
Center
@ MV STEAM
Academy

Time:

5pm to 6pm

