



Children, Youth,
Families,
Community
Members,
Everyone is
welcome.

Save the Date

HHH

Mental Health

A w a r e n e s s D a y
o n

J a n u a r y 2 7 , 2 0 2 4

a t

H i g h S c h o o l E a s t

5 0 V a n d e r b i l t P a r k w a y

This is a
FREE event.

Join us for workshops on Mindfulness, Depression, Grief, Anxiety, Resiliency in Children and Adults, Teenage Stress and so much more

Stop by and participate in a yoga class, meditation class, dance class, dog therapy and so much more.

Find resources in our exhibitors' hall.

Students can receive community service hours for attending.

For more information or to be a presenter, exhibitor or sponsor please contact Tina Shek at tinakimshek@hotmail.com.