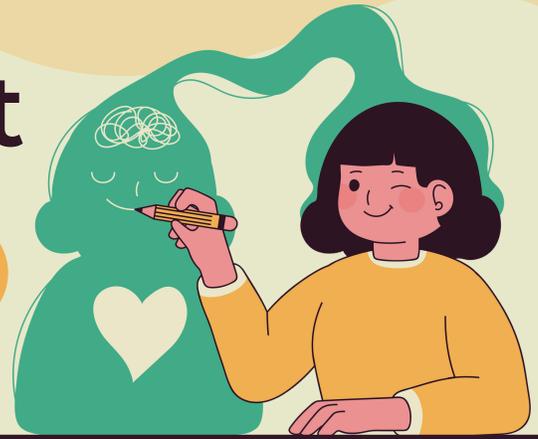


Presented by: Mount Olive
High School Class of 2026

Community Awareness Night

Tuesday, April 7th - 6:30-8:00pm -
Main Gymnasium



What's This All About?

- Learn to manage stress
- Take home real-life tools
- Talk openly about mental health
- Connect with others who understand



Workshop Highlights

- Animal/Dog Therapy
- Test Anxiety
- Substance Abuse
- Nutrition Assessment
- Yoga/Meditation
- AND MUCH MORE!

Open to Everyone All Ages Welcome!

Whether you've struggled with mental health or just want to learn more, this space is for you.

**Let's break the silence.
Let's start the healing.**

Questions? Contact us:
kelly.livingston@motsd.org