

SAVE THE DATE!

WEDNESDAY FEB. 17, 2021

6:30-8:00 PM

Hope for Tomorrow

Virtual Mental Health Fair

a wealth of information for families about wellness

PRESENTATIONS BY MENTAL HEALTH PROFESSIONALS ON:

MEDITATION & MINDFULNESS

PARENTING DURING THE PANDEMIC

STORIES OF RESILIENCE AND HOPE

DEALING WITH ANXIETY AND MORE!

TO REGISTER:

[HTTPS://FORMS.GLE/35BpARXKvzEU5LFY6](https://forms.gle/35BpARXKvzEU5LFY6)

This event is FREE OF CHARGE

Sponsored by BoroSAFE

Wellness for today

Hope for tomorrow

Suicide is preventable

Questions? Contact: amahler@htps.us