

Mental Health Awareness Month

JOIN US FOR A VIRTUAL MENTAL WELLNESS EDUCATION SERIES

presented in conjunction with



THURS. MAY 5 • MENTAL HEALTH 101

EDUCATOR • COURTNEE PHILLIPS-BON, LSW

Distinguish between normal stress reactions and larger mental health concerns. Learn coping methods, get resources, stop the stigma and more.

MON. MAY 9 • MH 101 YOUTH & TEENS

EDUCATOR • APRIL MUOA, MACP, LPC

Understand how to identify mental health concerns in youth & learn how to support them while maintaining your own mental wellness.

THURS. MAY 19 • TRAUMA & YOUTH

EDUCATOR • JILL NOVACEK, LCSW, LSOTP, LSOE

Learn to recognize and respond to trauma, as well as how to promote healing and resilience for trauma survivors, including avoiding re-traumatization.

WED. MAY 25 • MARIJUANA & VAPING

EDUCATOR • GAIL WEIL, LCSW, CADC

Discuss changes, challenges and resources for marijuana and e-cigarette use in teens and what you can do to stop it.

All sessions are free of charge and will take place from 6:30-7:30pm.
Learn more or register to attend at <https://cyngrayslake.org/mham22/>



Special thank you to our supporting congregations



Congregational Outreach Ministry