



MINDS MATTER PRESENTS:

ALL ABOUT MENTAL HEALTH

WHAT IS MENTAL HEALTH?

WHAT ABOUT MENTAL ILLNESS?

WHAT IS THE POINT OF THE WELLNESS WHEEL?

HOW DO THESE EFFECT MY KIDS?

ALSO - BRING YOUR OWN QUESTIONS - WE WILL
PROVIDE AN OPPORTUNITY FOR OPEN QUESTIONS
AND EXPLORATION AT THE END.

FEB. 16 @ 7PM

Join Zoom Meeting

[https://zoom.us/j/93486260954?](https://zoom.us/j/93486260954?pwd=TWIGZGdTcTEzbnVacW9TbzhUaFVvZz09)

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Meeting ID: 934 8626 0954

Passcode: EF2f24

