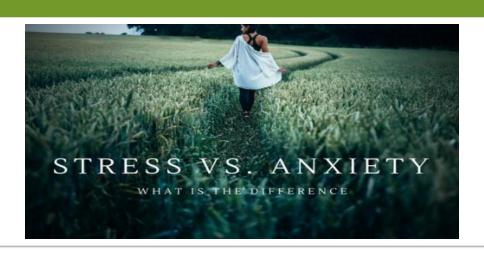
MAY IS MENTAL HEALTH AWARENES MONTH HOPE & WELLNESS WEBINAR



Feeling Stressed, Anxious, Depressed due to the Pandemic? You are not alone! Over 65% of US population experience it.

Join us to learn simple strategies that support & encourage mental wellness. Brain health conditions are common & treatable. Now is the time to work together to overcome stigma and get empowered to 'own' your life!

FREE WEBINAR

MAY 15, 2021

ALL ARE INVITED

4:30 PM (EST)

For questions/zoom link please call -or- email

augusta@johnsantoscharitableorganization.org | 908-938-039



The João José 'John' Santos Charitable Organization

From STIGMA to EDUCATION 'Bringing depression and suicide prevention into the spotlight' www.johnsantoscharitableorganization.org Keynote speaker:
Cristina C Curto
M.S.W., L.C.S.W.
Author