

Mental Health Peer Stewards



MARCH 11 - APRIL 29, 2021
 THURSDAYS, 6PM – 8PM
 JOIN US ONLINE

<p>Introduction to the Training New Year's resolutions <i>By: Evelina Paulino, Mental Health Peer Steward</i></p>	<p>March 11, 2021</p>	<p>Dance Culture, Exercising and Mental Health <i>By: Meredith Geraghty</i></p>	<p>April 8, 2021</p>
<p>Art for Healing <i>By: Amber Haney, LUK, Inc.</i></p>	<p>March 18, 2021</p>	<p>COVID19 and Mental Health <i>Resources available to cope</i> <i>By: Meagan Manas,</i> <i>Outreach Crisis Counselor</i></p>	<p>April 15, 2021</p>
<p>Exploring depression and anxiety <i>How to reduce stigma</i> <i>By: Becky Bunker, LMHC</i></p>	<p>March 25, 2021</p>	<p>Aging and Mental Health <i>By: Holly Elissa Bruno</i></p>	<p>April 22, 2021</p>
<p>Suicide Prevention <i>Question, Persuade, Refer</i> <i>By: Liz Benard, LUK, Inc.</i> <i>Rose Gage, FSU Student</i></p>	<p>April 1, 2021</p>	<p>Domestic Violence as a mental health issue</p>	<p>April 29, 2021</p>

To register, please contact:
 Francisco Ramos at framos@nvcomm.org

