

FREE MIND



Thursday, March 5th
6:00-8:00 p.m.

Special Gift for First 50 Families!

bit.ly/FreeMindMontgomery

Event Highlights

- 🎗 Conversations with renowned athletes led Board-Certified Psychiatrist, Dr. Mena Mirhom, MD, FAPA
- 🎗 FREE Dinner from BotaNero for families
- 🎗 SSL Hours (6-12 grade)
- 🎗 Supervised childcare (K-6 grade) available
- 🎗 Door Prizes & Giveaways!

About Our Event!

Join us for an engaging evening designed to support families, strengthen connections, and spark meaningful conversations around youth mental health.

- 🎗 Learn how mental health and substance use are connected for youth
- 🎗 Gain practical tools to support healthy conversations at home
- 🎗 Hear insights from mental health experts and athlete advocates
- 🎗 Strengthen leadership skills that support family and community well-being
- 🎗 Connect with resources designed to support youth ages 12–17

Our Moderator: Dr. Mena Mirhom, MD, FAPA Board-Certified Psychiatrist



Dr. Mena Mirhom, MD, FAPA is a Columbia-trained, board-certified psychiatrist who brings a wealth of expertise and leadership to the field of mental health. He currently serves as the Medical Director of Behavioral Health Services and the Chief Wellbeing Officer at Athletes for Hope. In addition to his clinical roles, Dr. Mirhom is an Assistant Professor of Psychiatry at Columbia University, where he teaches public psychiatry fellows and contributes to the education of the next generation of mental health professionals.

Dr. Mirhom completed his adult psychiatry training at the Mount Sinai Health System and his fellowship at Columbia University Medical Center. With a strong commitment to advancing mental health, he is a sought-after national speaker on topics related to mental health and wellness. His expertise has also made him a trusted consultant for the National Basketball Players Association (NBPA), where he assists NBA players and staff with their mental health needs.

Dr. Mirhom treats a diverse array of psychiatric disorders, including anxiety, depression, OCD, post-traumatic stress disorder, substance use disorders, and bipolar disorder. His comprehensive approach to care and dedication to his patients have established him as a leading figure in the field of psychiatry.

Special Guest: Mo'ath Alkhalwaleh Olympic Marathoner



Mo'ath Alkhalwaleh is an Olympic marathoner who has represented Jordan on the world stage, including at the 2024 Summer Olympics.

In addition to competing internationally, he mentors athletes and advocates for sport as a tool for community building, inclusion, and wellbeing.



Special Guest: John Harkes, National Soccer Hall of Famer



John Harkes is a former U.S. men's national team midfielder and National Soccer Hall of Famer who helped shape American soccer in the 1990s. He earned 90 caps for the United States, played in two FIFA World Cups, and was one of the first Americans to succeed professionally in England.

In Major League Soccer, he won two MLS Cups with D.C. United before later transitioning into coaching and broadcast work, continuing to contribute to the game in the U.S. John has three children with his wife, Cindi. All three pursued soccer, with his playing professionally in MLS and Europe, while his daughters played at the collegiate level and beyond.



Hosted by Parkland Magnet Middle School &
Montgomery Goes Purple

4610 W Frankfort Drive, Rockville, MD 20853



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