



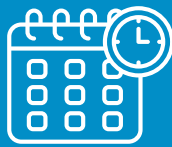
Wellness Webinar



MENTAL HEALTH 101

FREE
& Open to
ALL

Tuesday



May 19, 2026

3:30 PM-4:30 PM

Mental health can feel like a tough topic to talk about, especially with the people closest to us. But a simple conversation can be life-changing.

Gain the tools and understanding to be there for the people who matter most. You'll learn:

- ★ The difference between mental health and mental illness
- ★ How stigma can make it harder for people to speak up and seek help
- ★ Ways to support a loved one (and yourself)



Register for free

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