

Brain Health is **MENTAL HEALTH**

A VIRTUAL FAMILY WELLNESS SERIES FOR YOUTH, YOUNG ADULTS, PARENTS, CAREGIVERS & PROFESSIONALS



WEDNESDAY, OCTOBER 21, 2026

12:00 NOON – 1:00 PM CST

Join us for a nationwide workshop series for young adults, young people transitioning out of the foster care or juvenile justice systems, parents, caregivers and professionals. Share your voice, get support, resources, connection, and skills for better mental health and well-being.

Register to receive Zoom link at
<https://tinyurl.com/BrainHealthIsMentalHealth>



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