<u>Renew & Rise:</u>

Strengthening Minds,

Restoring Hope

a series of mental health workshops

### Bandera - Virtual

### Locations, Dates and Times

**Location: Silver Sage- Great Room, 803 Buck Creek Dr, Bandera, TX 78003** 

Date: May 8, 2025 Time: 1:30pm-3:30pm

**Location: Lakehills Community Center,** 11225 PR 37, Lakehills, TX 78063

Virtual and In-Person Light Lunch Provided Date: May 15, 2025 Time: 12:00pm-2:00pm



Scan to access Virtual Event

Location: Cowboy Cabin, 207 11st, Bandera, TX 78003

**Lunch Provided** Date: May 30, 2025 Time: 11:00am-5pm

### Speakers

### Stay Informed at FRHillCountry.org/workshops

- Susan Becmer, Suicide Prevention Trainer
- Nevetta King MA, LCPC
- Dr. Lakshmi Mahadevan, Associate Professor/Extension Mental Health & Well-Being **Specialist**
- Gary Ingram, Director of Clinical Services, Cedar
- Kathleen Maxwell-Rambie, Storyteller. Writer. Speaker. Encourager.
- Lisa Rollison, Writer.

For More Info:



**FAITHFULRECOVERY** 

Scan to see a snippet of 2024's workshop!

Call or Text 830.282.9975 | Email: faithfulrecovery@outlook.com | Visit:FRHillCountry.org

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