



Mental Health Learning Series

Join Us!

**FOR A 4-PART SERIES COVERING TOPICS
THAT AFFECT GLADES RESIDENTS:**

May 2021 -- Stress and Anxiety

June 2021 -- Grief and Loss

July 2021 -- Depression

August 2021 -- Trauma (PTSD/Generational)



Session Dates and Times:

4th Thursday of every month at 4pm for 1 hour

5/27/21

6/24/21

7/22/21

8/26/21



Click on this link to register:

<https://www.eventbrite.com/e/152438217813>

