

Free **Mental Health Training**
 SUMMER SERIES

For Age 12 or above | Time: 11 am - 12 pm | Virtual
 Learn more in depth about Mental Health related topics!



DATE OPTION 1	DATE OPTION 2	TOPIC
JULY 2	AUG 1	STRESS AND COPING
JULY 4	AUG 6	SELF-ESTEEM, SELF-IMAGE AND SOCIAL MEDIA
JULY 9	AUG 8	HEALTHY RELATIONSHIPS AND SEXUAL HEALTH
JULY 11	AUG 13	SEXUAL ORIENTATION, GENDER IDENTITY AND GENDER EXPRESSION AWARENESS (HOW TO BECOME AN ALLY)
JULY 16	AUG 15	USE, MISUSE AND ADDICTIONS—SUBSTANCES AND PROCESSES
JULY 18	AUG 20	GRIEF AND LOSS
JULY 23	AUG 23	LEARNING AND EDUCATION CONCERNS
JULY 25	AUG 27	ABUSE AND CONFLICT
JULY 30	AUG 29	CAREER AND WORK CONCERNS



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