



Let's Talk Health

Mental, Emotional & Work/Life Balance

Wed. September 2, 2020 – 10:30AM

Learn practical self-care techniques

Support for you, family friends, co-workers

FREE EVENT OPEN TO EVERYONE!

Register in advance:
<https://www.eventbrite.com/e/lets-talk-health-mental-emotional-worklife-balance-tickets-117719286555>

After registering, you will receive a confirmation email containing information about joining the event.

Caring for your mental health is imperative to being happy and healthy. Being able to process trauma, worries, fears and emotions has the power to heal and transform lives. So join us as we discuss coping skills to help relieve stress and anxiety in our everyday lives.

Special Guest:
 LeNaya Smith Crawford LMFT, RYT, RPT
 Kaleidoscope Family Therapy

Additional Resources provided by:
 Khadijah Chappell and Opalantus Williams
 Columbus Organization



For more info:

Dedra Ridges- Director of ELHC
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Please join us and tell a friend!