



Outside

your head

Promote, Protect, and Restore

MENTAL HEALTH

Forum & Luncheon

Wednesday, May 17th, 2023

11:30-1:30

\$45

3 CEUs

River Falls Restaurant, Woonsocket

Mental health is determined by so much more than what goes on inside our heads. External factors and stressors affect our mental health with the same validity as internal factors ~ housing issues, job security, relationships, money worries, and more...

This event will feature a panel comprised of professionals in the field of mental/behavioral health who recognize this principle in their work. Join us to learn how they are effecting positive change in the lives of people by addressing the whole life to achieve mental health and stability.

Presented by



empowering people
to build better lives

Our Panelists:

Beth Lemme-Bixby, Tides Family Services

Laura Jaworski, House of Hope

TBD

TBD

Find out more

www.CommunityCareRI.org/Events