



Taking Care of Your Mental Health During a Crisis!

Mental health concerns will directly impact one in every five people. The remaining four will know a friend, family member, co-worker, or acquaintance that struggles with their mental health. Under the best of conditions there's still incredible stress, fear and anxiety.

This webinar will discuss mental wellness, and awareness when things seem to be off balance, and wellness tools you can use to help maintain a balance of mental wellness to relieve difficult feelings and maintain a higher quality of life.

Guest Presenter: Anastasia Armstrong, M.A.
VOA of SWLA Community Services Director

Link to Register: <https://tinyurl.com/y8fevcpk>

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**Wednesday, April 29, 2020
1 PM - 2 PM**

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