



Pearl River School District

Parent University

Education and Information to Support Parenting

Mental Health and Wellness 101

Presented by:

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Client & Family Advocate

Community Educator

Mental Health Association of Rockland

Mental Health and Wellness 101 provides participants with a basic knowledge of mental health, wellness and recovery in an effort to reduce stigma. The training presents mental health as a continuum of wellness and an integral part of our overall health, encourages treatment seeking behavior and self-care to manage stress.

Mental Health and Wellness 101 is for everyone – parents and guardians, educators, school staff and administrators, and community partners.

Tuesday • April 30, 2019 • 7:00 p.m.

Pearl River School District

District Administration Building - Board Room

135 West Crooked Hill Road

Parent University is a program sponsored by the Pearl River School District Adult Enrichment Program.

All Parent University sessions are free of charge and open to all parents everywhere.

No registration required. For additional information, call 620-3921

Pearl River School District

Adult Enrichment Department • 135 West Crooked Hill Road, Pearl River, NY 10965 • 845-620-3921