# Surf the Mental Health & Wellness Wave: A Resource & Education Fair

Hosted by:

St. Mary's County Public Schools & Healthy St. Mary's Partnership

# Join Us:

May 18, 2024

James A. Forrest Career & Technology Center

10 a.m. - 3 p.m.

### Meet with.

- Mental and Behavioral Health Providers
- Health Resources Dental kits, Vision Screenings, Hearing Screenings, Mutritional Information, etc.
- Pets on Wheels, Inc- Therapy Pets





**SCHEDULE** 

**LET US KNOW IF YOU ARE** INTERESTED (OPTIONAL)



IN ATTENDING



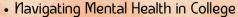
For Purchase

## Guest Speakers.

- · Bill Mitchell -Teen Dating Violence
- U.S. Secret Service Internet Safety
- Dr. Bostic Mental Health & Medication
- · Greg Reuss Teen Mental Health
- SMCPS Staff QPR/Suicide Prevention

### Mini Educational Sessions

- Mental Health Signs & Symptoms
- Stress Management/Anxiety
- · Healthy Nutrition
- Trauma
- Strengthening Families



- · Building Emotional Wellbeing
- · Disordered Eating/Body Image
- And much more!

