

# 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, Nutritional Information, etc
- Pets on Wheels, Inc- Therapy Pets

### 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

- Navigating Mental Health in College
- Building Emotional Wellbeing
- Disordered Eating/Body Image
- And much more!

USE THIS QR CODE TO SEE VENDOR LIST AND EVENT SCHEDULE



LET US KNOW IF YOU ARE INTERESTED IN ATTENDING (OPTIONAL)



Door Prizes & Giveaways!!

## FOOD & DRINKS

For Purchase