



MILWAUKEE COUNTY SUBSTANCE
ABUSE PREVENTION COALITION

MENTAL HEALTH AND WELLNESS

VIRTUAL RESOURCE FAIR

TAKING CARE OF OUR MINDS

Do you have someone to talk to when your mind is racing and you have a lot of thoughts? Have you been feeling lots of emotions with no way of expressing them? You're not alone! All of us will experience racing thoughts and strong emotions at some point in our lives. They are normal and nothing to be ashamed of. If you want to be connected to professionals trained to listen and ready to support, join us August 12 at 2 p.m.!

WEDNESDAY AUGUST 12TH

2:00PM - 3:00PM



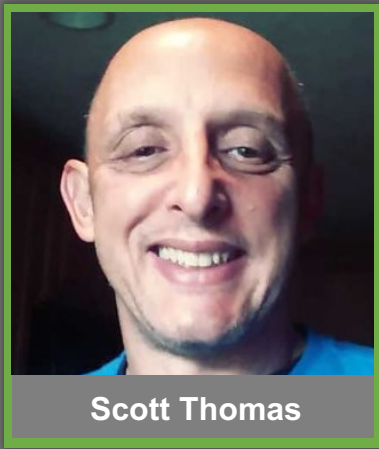
Octavia Manuel-Wright

I'm committed to the mental health and physical wellness of individuals, their families, and the community.



Lauren M. Todd

Many of us don't recognize that something is wrong until it's too late. I'm here to help you prevent this from happening!



Scott Thomas

I believe that everyone has the potential to change, and I love to help others achieve success beyond what they imagined.



REGISTER ON ZOOM: [HTTPS://BIT.LY/30BGMRJ](https://bit.ly/30BGMRJ)

