

MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

TUESDAYS FROM 1PM-3PM

APRIL 7, 2026

EMOTIONAL REGULATION, SELF AWARENESS RESILIENCE, AND SOCIAL SKILLS, ALL WORK IN TANDEM FOR HEALTH & STABLE MENTAL HEALTH DEVELOPMENT & GROWTH

APRIL 14, 2026

BUILDING AND MAINTAINING STRONG SOCIAL CONNECTIONS AND HOW IT IS VITAL FOR PHYSICAL AND MENTAL WELLBEING.

APRIL 21 2026

BUILDING RESILIENCE ABILITY TO ADAPT TO STRESS AND OVERCOME ADVERSITY. COPING STRATEGIES

APRIL 28, 2026

NEW BEGININGS. STARTING A NEW JOURNEY CAN BE TRANSFORMATIVE BREAKING FREE FROM OLD HABITS EMBRACE NEW POSITIVE THOUGHT PROCESS CAN LEAD TO SELF AWARENESS

