

May is Mental Health Awareness Month



HOPE CENTER OF CARMODY HILLS
PRESENTS
4TH ANNUAL MENTAL HEALTH
CONFERENCE

Unwind to Stay Kind

Kindness is our treasure during the chaos.
Let's learn together how to be kind to
ourselves as well as others.

SATURDAY, MAY 23, 2020
12 PM-1:30 PM
VIRTUAL CONFERENCE VIA
ZOOM

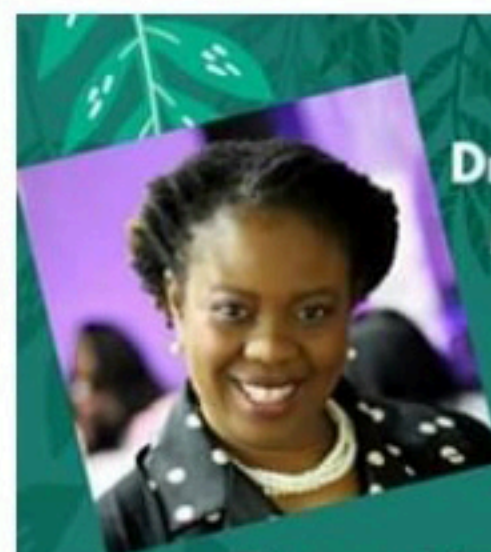
Registration Link:

<https://zoom.us/join/zoom/register/tJAkcu2orjovH9V1DHRWn-G-NUIEqmziRfrq>



Dr. Joanne
Frederick-Leiva,
LCPC, LPC, NCC

Presenting Topic:
Kindness in Chaos



Dr. Sharlene Allen-
Milton, LCSW-C

Presenting Topic:
Establishing Work-Life
Harmony



LOLITA WALKER,
CERTIFIED
COACH, TEDX
SPEAKER

Presenting
Topic:
Focusing on
"I" in Kind.