

MHEP
MENTAL HEALTH EMPOWERMENT PROJECT



FEBRUARY VIRTUAL TRAININGS

**Wed 2/11/26
10:00 AM - NOON**



**SAFE, SEEN, AND HEARD
EMBRACING EMOTIONAL TRAUMA IN
DISEMPowered COMMUNITIES
WITH JEN**

**Thurs 2/19/26
10:00 AM - NOON**



**HEART LED, MIND OPENED
HOW PEER SUPPORT CHANGES US
WITH BRYANT**

**Wed 2/25/26
10:00 AM - NOON**

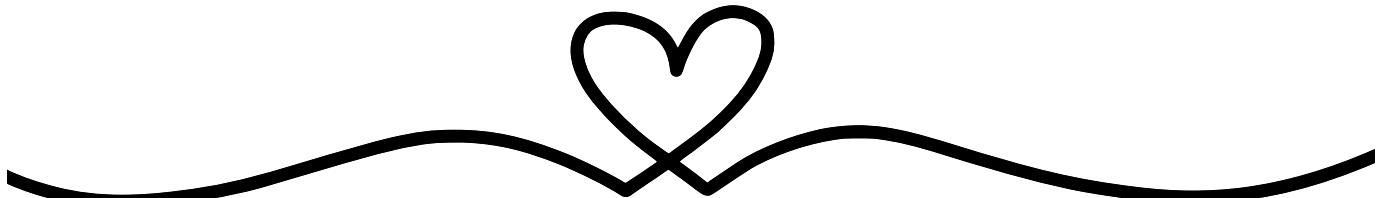


**CREATING A PERSONAL
VALUE STATEMENT
WITH EMILY**

**Fri 2/27/26
10:00 AM - NOON**



**MANTRAS FOR WELLNESS
USING WORDS TO GROUND, HEAL
AND GROW
WITH ALANNA**



JOIN US IN THE VIRTUAL TRAINING ROOM

<https://us02web.zoom.us/j/84791633281>

**CONTACT BRYANT PUGH
FOR INFO ON CEU'S ETC @BPUGH@MHEPINC.ORG**