



Region 1 Local Health Departments Hosts

# Mental Health in a Post COVID World

*"How to Ensure Emotional Health and Resilience in Our Families, Adolescents, and Teens."*



Region 1 Local Health Departments will be hosting a series of mental health webinars. This is the second webinar in a series of three and will focus on the mental health crisis and ensuring emotional health and resilience in our families, adolescents, and teens. Panel experts will provide information on mental health, how best to support our adolescents/teens, and community resources.

**SAVE THE DATE**

**Thursday, March 2, 2023**

**6:00 pm – 7:30 pm**

This webinar will be conducted over zoom



**Register Here!**



<http://bit.ly/3I00V6D>

**Join Webinar Here!**



<http://bit.ly/3WQJIPU>