



## MCPS Mental Health Fair

Co-sponsored with the Montgomery County School Psychologists' Association

**Saturday, November 9, 2019**

**10:00 a.m.–2:00 p.m.**

**Who:** MCPS students, families, and staff members

**Where:** Gaithersburg High School  
101 Education Boulevard  
Gaithersburg, Maryland 20877

**What:** Keynote Speaker: Dr. Celeste Malone, Associate Professor, Howard University, on *Breaking Barriers to Access Youth Mental Health Care*

### Breakout Sessions

- Mindfulness and yoga
- Supporting children's mental health
- Student stress management
- Adolescents and social media influences
- Self-care and coping
- Food and nutrition
- Vaping
- Self-injurious behavior

### Community Resource Tables

**Why:** To learn about community and school resources that support students' physical, social, and psychological well-being

**Learn More About *Be Well 365***

[www.montgomeryschoolsmd.org/departments/student-services/wellbeing/index-new.aspx](http://www.montgomeryschoolsmd.org/departments/student-services/wellbeing/index-new.aspx)

