

Sigma Gamma Rho Sorority Incorporated
Lambda Kappa Sigma Alumnae Chapter | Southeastern, MA

mental health seminar

shades of wellness



Saturday, May 10

10:00 am - 2:00 pm

(Registration and breakfast at 9:30 am)

Old Colony YMCA - Stoughton | 445 Central St, Stoughton, MA

Join our FREE mental health awareness event! Enjoy group discussions, workshops, yoga, and refreshments while exploring mental wellness resources. Topics include caregiving, black men's mental health, and balancing faith and mental health.

Scan to Sign Up



GUEST SPEAKERS



Sonya Williams
Forget Me Not



Glenroy Bristol
Psychotherapist/Life Coach
Horizon Integrative Psychotherapy



Juanita Tabb
Christian Counselor & Life Coach
Healing in Harmony

