



Resilient
COMMUNITIES
OF SOUTHWEST GEORGIA

Join Us in celebrating May: Mental Health Month!
by joining
Mental Health Mondays: Lunch and Learns!

Mental Health Monday's Virtual Lunch n' Learns
Time: May 5th, 12th, and 19th 2025 12:00 PM
Every week on Mon, until May 19, 2025

Join Zoom Meeting
<https://zoom.us/j/98715083965>

For more info contact:

Amanda Manard: amanard@vashti.org

Quan Grant: quandolyng@vashti.org

Heather Stephens: heather.stephens@va.gov