

DB CENTRAL PRESENTS

MENTAL HEALTH MATTERS!

*with Laura Johnson, M.A., CTRS
Project Coordinator, DB Central*



“Taking Care of You”

What does it mean as a caregiver to have positive self-care and why it is so important



**Thursday
October 17, 2024**

10:00am - 11:30am

**Via Zoom
[Registration
Link](#)**

OR

**Thursday
October 24, 2024**

6:30pm-8:00pm

**Via Zoom
[Registration
Link](#)**

Learn:

- What affects mental health
- Mental Health and Disability
- Barriers vs. Realistic strategies for consistent positive mental health

Questions: email dbcen@cmich.edu