

TUESDAY TALKS WITH ANN



Tuesdays
@ 7 pm in May

ON INSTAGRAM LIVE!

@NAMI_NYS

Join NAMI-NYS & ShopRepurpose.org
for a Women's Mental Health
Discussion Series hosted by Ann
Canastra, LMHC, MSW, LPC

- **May 3:** Women & Mental Health: Combating Stigma, Healing Trauma, & Moving Forward
- **May 10:** Perinatal and Postnatal Mental Health: A Look at Postpartum Depression
- **May 17:** BIPOC Women & Mental Health: History & Moving Forward
- **May 24:** Women and Dating: 20, 30, 40 & Beyond
- **May 31:** No Such Thing as a Perfect Parent: A Conversation for Women About Parenting



REPURPOSE

