aloft DELRAY BEACH | be well pbc | STAFFORD COUNSELING & CONSULTING, LLC

Rhonda's PROMISE

Hey Sistas

MENTAL HEALTH COMMUNITY CONVERSATION

Let's talk. Let's heal. Let's grow—together.



DATE:
Thursday, May 21

TIME:
6:00 pm to 8:00 pm

LOCATION:
Aloft Hotel in Delray Beach

A safe space for open dialogue, support, and mental wellness in our community.

You are not alone.

CONNECT | SUPPORT | EMPOWER

Together, we can be well.