Community
MENTAL HEALTH AWARENESS SESSIONS
IN DARI AND SPANISH

HCPS
Henrico County Public Schools
The right to achieve. The support to succeed.

Join **Henrico County Public Schools** and **Capaz+IT** for one of four informative sessions focused on mental health and wellness, and why it matters for all our families.

May 7	May 22	May 10	June 7
ACE Center at Hermitage	Tuckahoe Public Library	ACE Center at Hermitage	The Oak Avenue Complex
Dari	Spanish	Dari, Spanish	Spanish

All sessions are 10 a.m.-2 p.m.

In these sessions, you will:

- Learn how mental health affects your community
- Become a mental health advocate in your community
- Earn a certificate of participation in mental health awareness
- Join a safe space to ask questions and connect with others
- Learn about the valuable mental health and wellness resources available to you and your family

There is no cost to participants, and lunch is provided.
Register with the QR code or at hcps.info/MHSessions.

CapazIT

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