May is Mental Health Month

You've come a long way. Celebrate your journey, prepare for the path ahead.

Mental Health Webinar Series

Join top professionals of Valley Oaks Health as they share their expertise in managing your mental health through COVID-19. A link to each webinar will be available through The Health Hub Facebook page at www.facebook.com/valleyhealthhub.

Webinar 01

May 6th 4:00 pm EST

How To Tend To Your Own Self-Care When Self-Isolating

Webinar 02

May 13th 4:00 pm EST

How To Help COVID-19 Anxiety of Children and Teens

Webinar 03

May 20th 4:00 pm EST

Helping Older Adults With COVID-19 Anxiety

Thursday, May 28, 2020

#GreenintheValley

Help us raise awareness for mental health in your communities by sharing pictures of you and your family wearing green on May 28th with #greeninthevalley **#mentalhealthmonth**



Health Hub
at VALLEY OAKS

Mind Your Health

Check in with Valley's Health Hub all month for new information, videos, and tips for your journey with mental health.

FACEBOOK.COM/VALLEYHEALTHHUB

VALLEYHEALTHHUB.ORG