

MENTAL WELLNESS EDUCATIONAL SESSIONS

You are invited!

All sessions 4:00-5:00 pm

- **MARCH 7 - COPING SKILLS** ●
- APRIL 4 - A RESILIENT COMMUNITY**
- **MAY 9 - HEALTHY RELATIONSHIPS** ●

**If you don't make time for your wellness
you will be forced to make time for your illness.**

**Location: Live Violence Free Office
2941 Lake Tahoe Blvd, South Lake Tahoe, CA**

**For more details, contact Sandy Bennion, Program Coordinator
sandy@spnawareness.org or 530-721-0165**

Suicide Prevention Network
Sessions sponsored by Barton Foundation Grant

