

Mental Health Awareness Month Discussions



**Tuesday, May 7, 2024,
6:00pm**

"Its OK Not To Be OK"

Join us to discuss a modern understanding of the how's and whys of suicide and what we can do about it. Adam Silberman, MD, Medical Director of Child & Adolescent Services

Presented by Adam Silberman, MD



Scan to register.

**Tuesday, May 14, 2024,
6:00pm**

"Parents & Coping Skills: Building Your Own Toolbox"

Join us to explore coping skills essential for navigating the challenges of parenting. We will discuss common stressors faced by parents, the impact on family dynamics, as well as the importance of developing coping strategies. Learn interactive exercises, resilience-building techniques, and practical tips for integrating these skills into your daily life.

Presented by Jaclyn Bennett, LPC and Madalynne Martone, LSW, Behavioral Health Clinicians



Scan to register.

**Thursday, May 23, 2024,
6:00pm**

"Raising Awareness about Mental Health – Breaking the Stigma & Demystifying Paths to Wellness"

Join us as mental health professionals share their personal experiences as they model a support group of what it's like living with mental health issues. Examples of supportive dialogue to increase understanding of mental health, decreasing stigma & fostering a community that embraces mental health are all part of the webinar.

Presented by Nilda Rodriguez LPC/LCADC & Christopher Fowler CPRS



Scan to register.

Zoom Virtual Webinar

Pre-registration is required.

Visit atlanticealth.org/events or call 1-800-247-9580 to register



For more information, call
Community Health at 1-844-472-8499.