



AUG 25TH 1:00PM-4:00PM MENTAL HEALTH MEET/GREET

Integrated Wellness Group will be having a day of Family Fun! Come and join us and learn about how to manage your Mental Health. Meet and Greet our amazing Clinicians, Behavioral Health Specialists and our Veterans/Mentors. This day will be filled with family FUN and you do not want to miss out! Gain important information that will CHANGE your life!



What Is Mental
Illness?

Where can I go to
find therapy?

Does stress cause
mental illness?

What causes mental
illnesses?

How will I continue to
care for myself?



INTEGRATED WELLNESS
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