

# MAY IS MENTAL HEALTH AWARENES MONTH

## HOPE & WELLNESS WEBINAR



**Feeling Stressed, Anxious, Depressed due to the Pandemic? You are not alone! Over 65% of US population experience it.**

**Join us to learn simple strategies that support & encourage mental wellness. Brain health conditions are common & treatable. Now is the time to work together to overcome stigma and get empowered to 'own' your life!**

**\*FREE WEBINAR\***

**MAY 15, 2021**

**ALL ARE INVITED**

**4:30 PM (EST)**

**For questions/zoom link please call -or- email**

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**The João José 'John' Santos  
Charitable Organization**

From STIGMA to EDUCATION  
*'Bringing depression and suicide  
prevention into the spotlight'*  
[www.johnsantoscharitableorganization.org](http://www.johnsantoscharitableorganization.org)

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***Keynote speaker:***  
**Cristina C Curto**  
**M.S.W., L.C.S.W.**  
**Author**

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