



Mental Health Collaborative

**BUILDING RESILIENT COMMUNITIES THROUGH
MENTAL HEALTH EDUCATION AND AWARENESS**



let's talk

ABOUT MENTAL HEALTH

Mental Health Collaborative, Inc., a non-profit organization, will provide a foundational workshop for parents and concerned adults on mental health basics as well as strategies on how to take care of yourself, youth, and others you care about.

Come to your choice of complimentary virtual workshops:

Monday, June 14th:

11 AM - 1 PM or 7 PM - 9 PM.

Register here: <https://forms.gle/HzVZ5Dg31jHFgWpm7>

Please register early as participation is limited.

This training is sponsored by Hopkinton Youth & Family Services through grant funding provided by the Massachusetts Department of Mental Health. A moderator will provide access to confidential Q&A during both of these workshops.