BE WELL WEDNESDAYS
A four-part virtual webinar series on mental health.

WEEK 1
**may 4th**
Healing from Grief and Trauma
9am - 10:30am
Presenting: Susan Hannifin-MacNab MSW, PPSC.

WEEK 2
**may 11th**
Community-Based Efforts to Support Youth Mental Health
12pm - 1:30pm
Learn about efforts in the county.

WEEK 3
**may 18th**
Recovery & Resiliency Panel
12pm - 1:30pm
Panelists share their recovery stories + facilitated Q&A.

WEEK 4
**may 25th**
Student Athletes & Mental Health
5pm - 6:30pm
Clinicians, coaches, and student athletes discuss health wellness.

Funded by OC Health Care Agency, Mental Health and Recovery Services, Office of Suicide Prevention, Mental Health Services Act/Prop 63.