

2024 Women's History Month

Mental Health First Aid for Women

March 26 | 3-4 p.m. | Zoom

Join Zoom Meeting



Meeting Id: 810 8755 8037

Passcode: 647002

Presented by Halleh Nia

Preparing us for early warning signs of Mental Health Challenges and how to take appropriate steps to address it. This empowering workshop will help us to be mindful of our own Mental health but also of our students and loved ones.

