



MENTAL HEALTH *Awareness* FAIR

JOIN US FOR THE COMMUNITY MENTAL HEALTH AWARENESS FAIR

Learn about what services and programs Shiawassee County provides by visiting the different resource tables.



Wednesday, May 14th



4:30 p.m. - 6:00 p.m.



Shiawassee Health & Wellness

1555 Industrial Drive, Owosso, MI 48867

EVENT HIGHLIGHTS:

OPENING STATEMENT FROM CEO, RYAN PAINTER AT 4:40 P.M.

BREAKOUT SESSIONS:

5:00 P.M. - "HOW TO COPE WITH ANXIETY AND DEPRESSION"
LED BY CRYSTAL CRANMER - CLINICAL DIRECTOR

5:30 P.M. - "SELF-CARE" LED BY TRISH BLOSS - COO

Thank you to our vendors:

- Molina Healthcare
- Disability Network Capital Area
- Wellness Services
- Shiawassee County Health Department
- Shiawassee Family YMCA
- Positive Somebody
- Recovery Pathways
- SafeCenter
- Shiawassee Area Transportation Agency
- Catholic Charities
- Worthwhile Wellness
- Kinship Care Resource Center at Michigan State University
- Fuel for Your Health
- Serenity House Communities
- Voices for Children Advocacy Center
- Shiawassee Dept of Health and Human Services
- Ahava Lior
- Great Start Shiawassee Family Coalition
- Soul Garden Counseling, LLC
- The Arc of Mid-Michigan
- Memorial Healthcare
- GST MI Works!

- Free community event
 - Family activities
 - Community resources on mental health
 - Food trucks and more
- Questions?

Contact Jamie Semans -
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