

Join us for 2024 World Mental Health Day!



Mohawk Opportunities
Opening Doors to Growth & Recovery

Thursday, October 10, 2024 | 10:30 to 1 PM
GE Theatre at Proctors | Tickets: \$75 per person
Discounted ticket packages are available.

AGENDA

10:15 AM – Registration

10:30 to 11:15 AM – Community Wellness: Uniting Against Mental Health Stigma

11:15 to 11:55 AM – Networking, Refreshments, & Raffle

12 to 12:45 PM – Finding Peace Amid Daily Chaos (Virtual Presentation)

12:45 to 1 PM – Wrap Up

10:30 to 11:15 AM

Community Wellness: Uniting Against Mental Health Stigma

Discover the impact of mental health stigma on individuals and communities, explore practical strategies to break down stigma, promote supportive communities, and cultivate empathy to champion mental wellness for all.



KEYNOTE PRESENTER

Natasha A. Pierre
Author & Mental Health Educator

12 to 12:45 PM (Virtual Presentation)

Finding Peace Amid Daily Chaos

A personal story of how masking pain, struggles and life challenges can lead a person to a dark space that may feel impossible to overcome with discussion of how to develop coping skills, treatment, and hope.



KEYNOTE PRESENTER

Tanya Brown
*National Speaker,
Advocate & Sister of
Nicole Brown Simpson*

REGISTER AT [MOHAWKOPPORTUNITIES.ORG/MENTAL-HEALTH-SERIES](https://mohawkopportunities.org/mental-health-series)

Sponsorship opportunities are available. Contact jvanauken@mohawkopportunities.org for information.