



# WORLD MENTAL HEALTH DAY

# World Mental Health Day is 10.10.21.

Join the global movement with us throughout October for:



## Free Speaker Series



## Resources

Advance registration is free but required for all Zoom webinars at [howardcenter.org](http://howardcenter.org).

OCTOBER 7 • 12:00–1:00 PM EST

### Supporting resilience in the face of unrelenting uncertainty.



Simha Ravven, MD, Chief Medical Officer, Howard Center. Presentation followed by Q & A.

OCTOBER 13 • 4:00-5:15 PM EST

### A conversation with best-selling author Ashley C. Ford.

NATIONAL SPEAKER

Photo: Sylvie Resekoff



Ashley C. Ford, best-selling author, host, and educator talks with Jude Smith Rachele, PhD, about her memoir, *Somebody's Daughter* followed by Q & A.

OCTOBER 19 • 3:00-4:00 PM EST

### Good beginnings for the youngest among us:

### How do we as parents and caregivers support the early childhood years?



Liz Mitchell, LICSW, Early Childhood Program Director, Howard Center. Presentation followed by Q & A.

OCTOBER 28 • 1:00-2:30 PM EST

### Compassion fatigue for the whole community.



Beth Goss, LCMHC, Director of Client Care and Coordination, Howard Center. Presentation followed by Q & A.



# HOWARD CENTER

Help is here.

802-488-6912 • [howardcenter.org](http://howardcenter.org)

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