

[WELLNESSWORKS4US] FW: Exciting News Carlton! Join us for the Let's Talk Student Mental Health Conference on May 18!

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on behalf of

Carlton Whitmore <cwhitmo1@health.nyc.gov>

Mon 4/19/2021 5:30 PM

To: wellnessworks4us@googlegroups.com <wellnessworks4us@googlegroups.com>



Tuesday
May 18, 2021
3:00-4:30 PM
PST



We are so excited to be sharing that we are hosting a **FREE** virtual student mental health conference - [Let's Talk!](#) - on May 18!

The global pandemic has upended our lives and impacted our mental health and well-being.

People across the country and the world are experiencing increased mental distress due to the disruptions of school closures, activities, and maintaining social and physical distancing.

Now more than ever, it is important to empower students to share their struggles and seek help. [ASHA International](#) & [Dam Worth It Company](#) have joined forces to have a conversation about mental health with high school students across the country.

Join us on Tuesday, May 18th 3 - 4:30pm PST for [Let's Talk - Virtual Student Mental Health Conference](#) as we have a real & powerful conversation around mental health. We will be joined by ASHA International storyteller Audrey Steele, Dam Worth It Student Speaker Sydney Guthrie-Baker, followed by Oregon State University Professor Ameer Jaber Almuaybid of General Psychology.

We will then lead you through a group lead movement activity & finish off the event with our keynote speaker, [Chelle Thompson](#) (former NCAA & WNBA Champion). Each of these speakers will share their unique stories and offer tips and insights on how to cope with stress and cultivate resilience and well-being during these difficult times. We invite you to join us for this amazing event.

[Click here to learn more and register for this FREE event.](#) We hope you will join us on May 18 and share this with the high school students and teacher in your life.

Be well,



Founder & President, ASHA International

[UPCOMING EVENTS](#)

Please review the events calendar and join us at events that are open to the public.

April 21, 2021, 5:30 - 7:30 PM

Let's Talk About Mental Health

Storytellers Emma Wilson, Audrey Steele, Sarah Steele, Diane Kaufman, MD
Forest Grove School District, OR

May 4, 2021

Let's Talk About Mental Health

NAMI Marin - A conversation with ASHA Storyteller Molly Vanderwerf

May 11, 2021

Let's Talk About Mental Health

NAMI Marin - A conversation with ASHA Storyteller Viti Eachambadi

May 24, 2021

Let's Talk About Mental Health

NAMI Marin - A conversation with ASHA Storyteller Aarna Dixit

June 1, 2021

Let's Talk About Mental Health

NAMI Marin - A conversation with ASHA Storyteller Natalie Robinson

DONATE

Help us empower more youth like Viti to share their stories to promote mental health health and well-being.

Connect with us



ASHA International | (971) 340-7190 | [E-mail](#) | [Website](#)

ASHA International | PO BOX 2057, Beaverton, OR 97075-2057

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