



PRINCE GEORGE'S COUNTY HEALTH & HUMAN SERVICES

In recognition of National Mental Health Awareness Month, the County Executive's Health and Human Services team is hosting a series of virtual mental health mini-webinars. Sessions will be held every Thursday throughout the month of May and are open to the entire community.

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| May 7th | 11:00 am: | Students' Emotional Health amidst COVID-19 |
| | 1:00 pm: | Mental Health and Domestic Violence |

May 14th 11:00 am: Managing Stress and Staying Connected During COVID-19

12:00 pm: County Executive Angela Alsobrooks Hosts Community Meeting for Mental Health Awareness Month

May 21st **10:00 am:** Emotional Self-Care for First Responders
12:00 pm: Youth Wellness and Coping

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| May 28th | 11:00 am: | Grief and Vicarious [Indirect] Trauma |
| | 12:00 pm: | Early Childhood and Social Emotional Health |

Zoom Link: <https://bit.ly/MentalHealthWebinars>
Email: mentalhealth@co.pg.md.us

We look forward to you joining us throughout the month of May as we continue to build a Healthy and Well Prince George's.



Angela D. Alsobrooks
County Executive

