YOUR STORY MATTERS
Mental Health in Communities of Color

December 6, 2022 | 6:00 – 8:30 p.m.
Program begins at 6:30 p.m.

Richard Montgomery High School
250 Richard Montgomery Drive | Rockville, MD

Join us for panel discussions and workshops about mental health in our communities

Academic Stress | Anxiety | Depression | Grief During the Holidays
Mental Health in Young Children | Suicide Awareness and Prevention

Angst Film: Anxiety is treatable. It’s okay to say.
Angst, a film program designed to raise awareness around anxiety.

Spanish interpretation will be available.
If you need an ASL or a language interpreter, please click here for a short form.

Maryland’s Largest School District
MONTGOMERY COUNTY PUBLIC SCHOOLS