



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.

African-
American

Asian

Hispanic

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



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