



MAKE IT OK

**There's No Shame in Taking Care of
Your Mental Health**

April 22nd, 2020 → 11:00 AM - 1:00 PM

Opportunities, Inc. - 905 1st Avenue North



**JOIN US FOR A CASUAL CONVERSATION ABOUT WHEN
TO REACH OUT FOR HELP AND GAINING THE
CONFIDENCE TO DO SO.**

Mental health is important for you and your child!

Parenting is Hard! We can Help.

ECP Credits Available!

***Lunch will be provided**



Questions?
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