

# Conversations in Our Community: Mental Health and Wellness



**Elizabeth Bullard, LPC**

**Claudia Pina, LCSW, LADC**

**Dr. Michael Stokes, LPC**

**Wednesday, January 26, 2022  
from 7:00-8:30 p.m. via Zoom**

## **Conversation in Our Community: Mental Health and Wellness**

Envision a world where all women and girls in Greater Waterbury and the Litchfield Hills have access to programs and support that help them reach their full potential. If you're reading this, **YOU** can make a difference!

Mental health and wellness continue to be a national conversation.

Learn how we can help transform the community with this panel discussion you don't want to miss!

The event will feature expert speakers engaging in a wide-ranging discussion including:

- Challenges and opportunities for treating mental health concerns
- Decreasing the stigma and removing barriers to psychological and social well-being
- The impact of the pandemic on one's positive mental well-being
- Working with underrepresented populations
- Addressing addiction
- And more!

You have the power to amplify the Circle's ability to provide dynamic opportunities. **REGISTER NOW!** For more information, please contact Mark Berardi at [mberardi@connctf.org](mailto:mberardi@connctf.org).

PS. **JOIN US!** The Women's Giving Circle Mental Health discussion happens **Wednesday, January**



**Register Now**

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