

JOIN US FOR "PARENT TALKS"

Community Conversations *"It's Time to Heal"*

Come out and meet our team! Harford County Health Department's Minority Health Program & the Author of *"SmokeBreak: A to Z Mental Health Journal."* A holistic guide to mindful breaks and mental wellness for **A Time to Heal: Focus on the Family Series** Presents **"Parent Talks"** Food, Fellowship, and Healing Special Perks Include:

- Insightful Discussions
- Community Connection
- Practical Mental Health Tips
- And Much More!

Meeting Dates, Time & Location

6:30pm-8:00pm

Village at Lakeview- 833 Fisherman Ln,
Edgewood, MD 21040

- February 7th
- February 21st
- March 7th
- April 4th
- April 18th
- May 9th
- May 23rd
- June 6th

Questions? Email Felicia Hopkins at felicia.hopkins@maryland.gov or Verlene Valentine at verlenevalentine@yahoo.com



SMOKEBREAK215

President of Smokebreak
Enterprise

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Harford County
Health Department