



***Black Families
and Mental Wellness
Smiling On Our Journey***

Thursday, June 6, 2024

Mental Wellness Presentation

6—7 p.m.

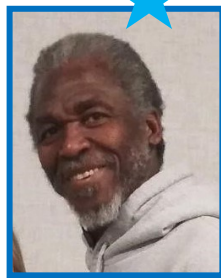
Light meal provided—catered by Lady V

The Lincoln Center

318 E 7th St, Davenport, IA



Kathy Patrick



Joseph Obleton



Bettina McWilliams

REGISTER TODAY:

Online <https://bit.ly/4aBhURb>

Call 563-386-7477 ext. 266

Since the beginning of time, each generation has influenced the next. Knowledge and experiences passed down from previous generations inform our approach to life and have a long-lasting impact on our physical, mental, and emotional well-being. It can be difficult to change thought patterns, coping mechanisms, or behavioral practices that have been passed down for generations. And systemic, socioeconomic, and cultural challenges endured for generations can make talking about mental health feel complicated and overwhelming. For families engaging in conversations about mental health and wellness, leading with empathy and compassion is critical.

This presentation is intended to help families engage in healthy dialogue while learning how to care for their personal mental health and that of their families.

This presentation is made possible by support from:

