

TUESDAY, MARCH 23, 2021 | 6:30 TO 7:30 P.M.

A Sac Collab Mental Health Awareness Webinar

Keynote address by Jeremiah Aja, M.A., M.Div., Assistant Director for the California-based nonprofit organization, Wellness Together School Mental Health, the Blue Shield of California BlueSky Initiative Liaison, and a Registered Associate Professional Clinical Counselor.

ADDITIONAL SPEAKERS:

Patrick Ma, PA-C
Speaker/ Mental Health Consumer
How to care for yourself and heal trauma from the inside out.

Rosalind Kingsley Hurst
Registered Associate Marriage and Family Therapist, Wellness Together
Creating habits that promote self-care for optimal living.

SPECIAL PERFORMANCE BY **Shaun Munday**

A one-of-a-kind artist blending soul-drenched vocals with show-stopping bass guitar technique.



Developing Healthy Self-Care Routines During COVID-19



Jeremiah Aja, M.A., M.Div.

HOSTED BY

Michael P Coleman

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