

# MARK YOUR CALENDAR

## MCPS Mental Health Awareness Week November 8–13

*Let's end the stigma.*

*Let's talk about mental health.*

### Inviting all community members to join us virtually

MCPS and the Montgomery County School Psychologists' Association (MCSPA) will host a free virtual event November 8–13 to give youth and families the opportunity to hear from mental health experts on issues that are important to them. The weeklong expo will feature daily themes, dynamic speakers and informational videos, as well as three live events: a Waymaking Special on Student Mental Health, a Careers in Mental Health information session, and ending with a Resource Fair and Q&A session on Saturday, November 13, 2021. Sessions will be available in multiple languages.

For details and announcements about daily topics, speakers, resources and how to join us, please visit [www.MCPSmentalhealth.org](http://www.MCPSmentalhealth.org).



11/9 Waymaking Special  
11/11 Careers in Mental Health  
11/13 Resource Fair

**Students!**  
Participate virtually and earn SSL hours for graduation. Visit website for details and requirements.

MCPS

Mental Health Awareness Week 2021

Co-sponsored by MCSPA

### TOPICS

- Healthy Relationships
- Resiliency
- Social Media Safety
- Coping with Stress
- and more...

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