

# MARK YOUR CALENDAR

## MCPS Mental Health Awareness Week Oct. 30–Nov. 4, 2023



*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 and in-person event October 30–November 4, 2023 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 school-based activities, dynamic speakers and informational videos, as well as two live events: a Waymaking Special on Student Mental Health on Wednesday, November 1, 2023 and a Resource Fair and Q&A session on Saturday, November 4, 2023. Sessions will be available in multiple languages.

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

### TOPICS

- Physical Health
- Coping with Stress
- Neurodiversity
- and more...



11/1	Waymaking Special
11/4	Resource Fair

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

MONTGOMERY COUNTY PUBLIC SCHOOLS

**BE WELL**

**365**

BE HEALTHY • BE KIND • BE YOU

Maryland's Largest School District

**MONTGOMERY COUNTY PUBLIC SCHOOLS**