



# MENTAL HEALTH IN A CHANGING WORLD

THIS MONTH IS MENTAL HEALTH AWARENESS MONTH. THE NUTLEY SCHOOL DISTRICT WILL HOST A MENTAL HEALTH PARENT WORKSHOP ON MONDAY, MAY 6TH, 2024, AT 6:30 PM. LORAYNA GIL, LCSW, AND ELVIN VALLEJO, LPC, WILL CONDUCT THE PRESENTATION. THEY WILL DISCUSS COMMON MENTAL HEALTH CONDITIONS, COPING MECHANISMS, AND MAINTAINING MENTAL WELL-BEING.

LORAYNA AND ELVIN ARE LICENSED CLINICIANS WORKING FOR RUTGERS UNIVERSITY BEHAVIORAL HEALTH CARE SCHOOL AND COMMUNITY-BASED PROGRAM.

LINK TO THE VIRTUAL EVENT CAN BE FOUND BELOW

[HTTPS://MEET.GOOGLE.COM/ZKK-RQAQ-QEE](https://meet.google.com/zkk-rqaq-qee)



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