



Join us for

OUR FINAL SERIES OF EVENTS FOR 2021

"How to Keep Your Sanity During the Holidays"

Thursday, 16th December 2021 • 6:00 p.m. – 7:15p.m • Via Zoom



Panelists



Sallie Galyean, LCSW
"Balancing Fun and Finances
During the Holidays"



**Lena B. Brathwaite Bell,
M.Ed, CCHt**
"How to Keep Your Sanity
during the Holidays:
Staying Mindful in the
Not-So-Magic Moments"



Moderator:
Nnaka Forde, BSc(Hons), MSc(Dist)

For more information or to sign-up contact

📞 912.266.4969

✉ Camdensuicideprevention@gmail.com

🌐 <https://www.facebook.com/camdensuicidepreventionCoalition/>

Register here: 🗨 <https://us02web.zoom.us/meeting/register/tZ0qd-6tpj0qHt1ldyAwgGTfbg6l3LxgAYDS>