



Self Love & Mental Health

Breaking the Stigma



Erin Pompa – Speaker, Coach

Becoming Mental Health Warriors Together:

A Journey for Students and Families

Engage in honest self-reflection to identify factors that impact mental health, promoting self-awareness within the family unit.

Saturday
May 11, 2024
9:00 A.M.

- Workshops
- Giveaways
- Local Talents
- Entertainment
- Resource Tables
- Breakfast & Lunch

Location: JFK Highschool

61-127 Preakness Ave, Paterson, NJ

For questions contact us:

973-321-1000 ext 10883

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Registration for Youth and Adults

Registration for Local Talent / Performers

