

CALLING ALL

TEACHERS, PARENTS, YOUTH & COMMUNITY MEMBERS!



Join us for a
VIRTUAL



**MENTAL
HEALTH
SUMMIT**

*A Windham & Raymond
Community Conference
hosted by RSU 14 and
Be The Influence*

THURSDAY 10/7 & FRIDAY 10/8 • 8AM-NOON

Both Days

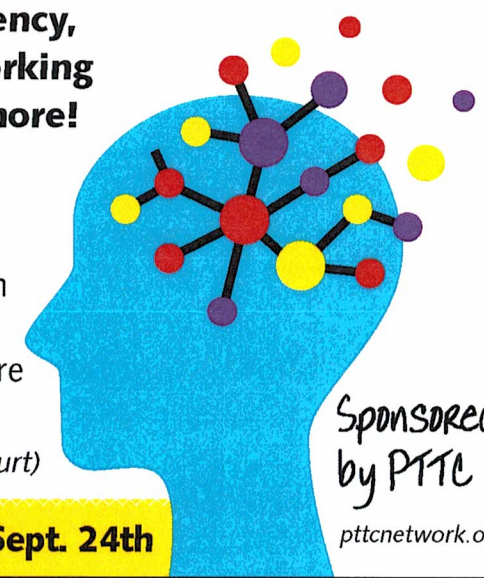
ATTENDEES WILL RECEIVE advice from experts in the field of mental health about overcoming stigma, accessing coping skills for resiliency, understanding brain science, ways to reduce stress, as well as working with LGBTQ youth, peer and adult support services - and much more!

INCLUDED ARE KEYNOTE SPEAKERS AND BREAKOUT SESSIONS

- PRESENTERS INCLUDE**
- Professionals from NAMI-Maine
 - Be The Influence
 - Opportunity Alliance
 - Sweetser - Options Program
 - Maine Behavioral Health
 - City of Portland Health Department
 - Maine Resilience Building Network
 - American Federation of Suicide Prevention
 - American Lung Association & more

WITH SPECIAL GUESTS Matt Bellace (*motivational speaker/comedian*)

John T. Boderick (*former Chief Justice of New Hampshire Supreme Court*)



*Sponsored
by PTTC*

pttcnetwork.org

NO REGISTRATION REQUIRED • Zoom links will be posted on RSU14.org Sept. 24th