

OPCSMH 2024-2025 Webinar Series

## FINDING MY HEALING LENS

Throughout this session, you'll delve into the complexities of mental health challenges and identity, exploring for fostering empathy and building opportunities inclusivity within our support networks. Through moving narrative, you'll uncover invaluable Brandon's practices for emotional healing and resilience. empowering you to navigate your own journey with and fortitude. Be guided through courage transformative potential of introspection so you envision your desired life and embody the person you aspire to be. Whether you're a mental health professional, or community member, this presentation promises valuable insights and tools to navigate your path to well-being with compassion and understanding.

## TIME

February 25th, 2025

12:00pm-1:00pm EST

## **SPEAKER**

Brandon Bond, MPH, LLMSW, CHES, Active Minds



**REGISTER NOW** 

Questions?
Contact us at opcsmh@neomed.edu

