

SEPTEMBER 10
FORSYTH CONFERENCE CENTER
6:30 P.M.



**FROM STRESS
TO SUCCESS!**

Mental Health & Wellness Coalition

www.unitedwayforsyth.com

This year Forsyth's Mental Wellness Coalition is embracing the message, [#Allin4Wellness!](#)
Supporting our community and it's most important assets, YOU!
At a time of heightened life stressors surrounding us, anxiety, high expectations, and suicide are at an all-time high. Without any age or race left behind, our students to Parents and Public Safety feel it –it's clear the time to connect and lean into success is NOW!

Join us September 10th 6:30-7:30pm (Doors opens at 6:00) Forsyth Conference center.

Don't miss our speakers and local resources to gain knowledge to make your 2019 a success.
Less stress is our goal for you.

Featuring Author, Jeannine Jannot with her incredible knowledge on our super smart but falling apart students- featuring excerpts and experience from her new book

[The Disintegrating Student: Super Smart & Falling Apart !](#)

Books will be on sale at the event.

Following the keynote, a panel of experts which will include, Children's Healthcare of Atlanta, Jeannine Jannot and others, will have a discussion surrounding our school age youth and mental health and pressures. You do not want to miss this!

Officials from Forsyth Fire Department and Forsyth County Sheriff's office will share knowledge and insight and what's available to support our public safety's mental health. These men and women defend and serve our communities each and every day. That comes at a cost to their physical and mental health.

Come learn more and ways to gather support.