

4TH ANNUAL MENTAL HEALTH AWARENESS CELEBRATION

ONLY ONE WHO IS *elastic* CAN BE STRETCHED FAR ENOUGH TO
Rebound FROM CHALLENGES *a still person can't.* -ZOE A .ONAH



FREE Community Resource Fair

Focused on Mental Health Education

May 20, 2-6 pm

Ehman Park/Virtual

549 16th Street | Gothenburg, NE

What to expect: A virtual AND in-person event featuring providers online and in-person. Steven Ray will provide live music for the entire event. Give-aways, t-shirts for sale, free food, and opportunities to connect with others in the community!

The Pony Express Mental Health Riders will arrive around 3 pm.

1 in 5 suffer a mental illness
in a given year. It's okay.
Given the right environment,
we can all grow.



2-4 pm: *virtual* Providers & Inspirational Videos | Zoom ID: 876 4718 5294

3-6 pm: *onsite* Booths with Providers & Mental Health Service Info

5-6 pm: *onsite* FREE Meal Served in Ehmen Park

Questions?

Contact Angela Sattler (308) 520-9589
or message Angela on Facebook!