

# MARK YOUR CALENDAR

## MCPS Mental Health Awareness Week October 10–15, 2022

MCPS

Mental Health Awareness Week  
2022

Co-sponsored by MCSPA

*Let's end the stigma.*

*Let's talk about mental health.*

Inviting all community members to join us virtually

MCPS and the Montgomery County School Psychologists' Association (MCSPA) will host a free virtual event October 10–15 to give youth and families the opportunity to hear from mental health experts on issues that are important to them. The weeklong expo will feature daily themes, dynamic speakers and informational videos, as well as two live events: a Waymaking Special on Student Mental Health, and a Resource Fair and Q&A session on Saturday, October 15, 2022. Sessions will be available in multiple languages.

For details and announcements about daily topics, speakers, resources and how to join us, please visit [www.MCPSmentalhealth.org](http://www.MCPSmentalhealth.org).

### TOPICS

- Physical Health
- Therapy Dogs
- Coping with Stress
- Neurodiversity
- and more...

**Students!**

Participate virtually and earn SSL hours for graduation. Visit website for details and requirements.



10/12 Waymaking Special  
10/15 Resource Fair

MONTGOMERY COUNTY PUBLIC SCHOOLS

BE WELL

365

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