



Join us for a free speaker series about the mental health issues facing our community's youth. Visit facebook.com/StateofMindHudson for more information.

**Sunday
Oct. 4**

11:00-12:00 p.m.

Mental Health
Benefits of Yoga for
Families

*Attend at Barlow Farm
Park or remotely via
Facebook Live*

**Monday
Oct. 5**

**12:00-1:00 p.m.
&
6:00-7:00 p.m.**

Strengths and
Challenges: How
Participation in
Sports Can Increase
Student Mental
Health

*Attend remotely via
Facebook Live*

**Tuesday
Oct. 6**

**12:00-1:00 p.m.
&
6:00-7:00 p.m.**

Parenting Through
Love & Logic

*Attend remotely via
Facebook Live*

**Wednesday
Oct. 7**

12:00-1:00 p.m.

Ohio Mental
Health Resources
for Families

*Attend remotely via
Facebook Live*

**Thursday
Oct. 8**

12:00-1:00 p.m.

Increasing
Developmental Assets
in Children

6:00-7:00 p.m.

The Roots of
Resilience in Children
and Adolescents

*Attend remotely via
Facebook Live & Zoom
respectively*

Thank you to our sponsor:

