



May

## Mental Health Awareness Month

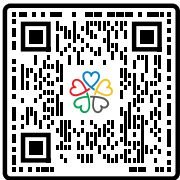
This presentation explores what good mental health looks like. It aims to destigmatize mental health and well-being while offering strategies that the general public can use to improve their well-being, as well as resources for increasing access to care. We cover common mental health diagnoses and describe the symptoms to look for. Additionally, we teach tools that promote good mental health and overall well-being.

DATE: 05.23.2025

TIME: 11:30am

LOCATION: One Roof Southeast Neighborhood Ctr

ADDRESS: 405 E. Dubail Ave., South Bend, IN 46613



**Space is limited, reserve your spot today by calling (574) 284-7189 to register.**

**Register for lunch by 3pm: 05.20.2025**



**Isabella Montgomery,**  
**Sport Social Worker**

Isabella Montgomery with Mental Health Awareness of Michiana holds a bachelor's degree in Social Work and is a certified Sport Social Worker. She is set to complete her Master's in Social Work in Spring 2025. Isabella is passionate about working with youth and families.

