



May

## Understanding Mental Health

Join us for an informative session to learn about common mental health challenges, how to seek support when needed and practical tools for managing stress, maintaining emotional balance and strengthening support networks.

DATE: 05.26.26

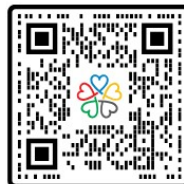
TIME: 11:30 AM

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart, IN 46516

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

**Register for lunch by 12 PM: 05.22.26**



ELKHART

*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.*

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Real Services, Inc.



**Dr. Angela D. Jackson**

PhD, LMHC, LCPC

Dr. Angela Jackson is the founder of Culturally Competent Therapy PLLC, a telehealth counseling practice serving adults across Indiana and Illinois. She specializes in anxiety, life transitions, grief, and culturally responsive mental health care. She is also a speaker and author of The Cultural Awareness Journal, where she advocates for emotional wellness, resilience, and mental health awareness in diverse communities.