



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: 05.22.26

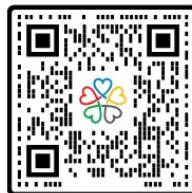
TIME: 11:30 AM

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 12 PM: 05.20.26



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



Donna Pangburn

Counselor

Donna Pangburn is a former teacher and Parent Support Coach. With a degree in Clinical Mental Health, her passion as a counselor is supporting people in their journey to understanding themselves. She believes we are born curious and spend our lives seeking to be understood and to understand. Her curiosity led her to learn about the body-mind connection and how we develop neural networks in response to things in our past and present.