



STREET LEVEL

MIND REPAIR: No More Shackles

Join us online on **March 1st, 2nd and 3rd** for a 3 Day Series discussing **Black Mental Health**, triggers to mental wellness and COVID-19 vaccine roll-out.

March 1st: Black Mental Health Day

Part 1: Recognizing Triggers for Youth ages 9-21 from 6:00 pm - 7:30 pm [Registration Required](#)

March 2nd: Black Mental Health

Part 2: Recognizing Triggers and Coping Strategies for Youth ages 9-21 from 6:00 pm - 7:30 pm [Registration Required](#)

March 3rd: COVID-19 Vaccine Roll-out

Be in the Know! **ALL ARE INVITED** from 6:00 pm - 7:30 pm
(no registration required)

TO REGISTER FOR BLACK MENTAL HEALTH DAY PART 1 AND 2 CONTACT ISHA GREEN YOUTH LEADER AT ISHAG@LAMPCHC.ORG OR PHONE: 647-383-9053 (SPACES ARE LIMITED)

Zoom: Meeting ID: 825 5411 9270

Passcode: 035938



United Way
Greater Toronto