

**WEDNESDAY**  
**MARCH 19**

**A Tea & Talk with**  
**Mental Health Professionals**

**5 PM-6:30 PM**  
**JOIN US!**

# Brewing Wellness

**Sip. Create. Connect.**

**Join the convo, grab a drink & enjoy friendship bracelet-making!**

We'll have a lively panel with mental health professionals, diving into wellness tips, coping skills and more! Learn about mental health careers and discover resources available to take care of yourself and the people you care about.



**Michael Banuelos**  
Clinical Therapist



**Corey Hall**  
Behavioral Health Specialist



**Markie Sterner**  
Clinical Program Supervisor



**Brittany Nguyễn**  
Community Capacity Organizer



Scan to RSVP

**SPACE  
IS LIMITED**



**Nobibi Ice Cream & Tea**

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Brittany Nguyễn, Community Capacity Organizer

