

## PLEASE JOIN US!

# CULTIVATING *Resilience* IN RURAL *Communities*

Join us for a conversation about mental health in our rural communities.

Learn how to identify **signs of stress** and what to do about it. Let others know about this event. It is open to everyone.

DATE

TIME

LOCATION/LINK

CONTACT: \_\_\_\_\_

**SOMETIMES YOU NEED HELP, SOMETIMES YOU ARE THE HELP.**

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