

TAKE A BREAK IN THE PARK FOR MENTAL HEALTH



Mental Health
VIRGINIA

**MAY
18!**

FROM 11 AM - 2 PM

Harry G. Daniel Park at Ironbridge, Shelter #2: 6600
Whitepine Rd, North Chesterfield, VA 23237

**REFRESHMENTS
AVAILABLE!**

**FREE
FOOD!**

GAMES!

**ON-SITE GAMES &
ENTERTAINMENT!**

**PLUS, TIPS FROM
MENTAL HEALTH AGENCIES!**

TIPS!

BRING THE WHOLE FAMILY!