



JOIN US FOR A VIRTUAL PRESENTATION Dealing with Uncertainty and Stress in Changing Times

Thursday, May 29, 2025 | 6:00–7:30 PM

The Suicide Prevention Alliance of Northern Virginia (SPAN) is a regional coalition of the Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards (CSBs) and community partners, all working together to raise awareness and share resources to prevent suicide.

You can raise awareness and reduce stigma about mental health in your community. Join us for our upcoming virtual presentation.

SPEAKER

Dr. Robyn Mehlenbeck, PhD, ABPP

Director, Center for Community Mental Health

Professor, Department of Psychology
George Mason University

It seems like everyone is dealing with uncertainty and stress in these current changing times. People, regardless of their age, are struggling with how to manage uncertainty and stress being felt by themselves, their families and their friends. This webinar will provide some key tips and techniques on how to navigate the uncertainty and stress.

LOUDOUN COUNTY VIRGINIA | Mental Health, Substance Abuse and Developmental Services



To register & join us, click below
Or scan the QR code on the right

bit.ly/span_mh_525



For more information, contact:

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