



AllHealth
NETWORK

Let's FACE It

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Mental health can be difficult to talk about, especially when we or someone we love is struggling. This training will help folks feel prepared to have honest and difficult conversations with others about mental health.

The FACE strategy breaks down the different components to these difficult conversations in order to build confidence in our skills and a better understanding of how to help others.

**Virtual Event via ZOOM
Wednesday, August 16, 2023
9:00 a.m. - 10:30 a.m.**

Click [here](https://bit.ly/30uNelb) to register or visit
<https://bit.ly/30uNelb>.



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