

Join LEAD Pittsburgh and Jewish Family and Community Services (JFCS) for

# FOCUS

— FOR OUR CHILDREN AND US —

A series of discussions for parents and caring adults about children's mental health

**Monday, October 22nd 7:00 - 8:00 pm**

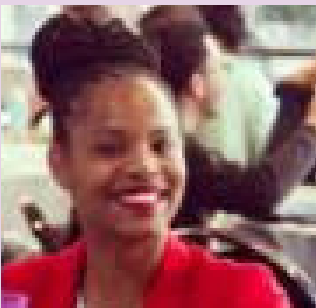
**Jewish Community Center (JCC)**

5739 Forbes Ave | Pittsburgh, PA 15217

Room 202, Goldstein Lounge

Free Admission - Light Refreshments will be provided

Our discussion will focus on the link between our physical space and emotional well-being and how to scan both for ways to improve self-care and mental health for ourselves and our families.



Featured Speaker: Shanon Williams is a graduate of the University of Pittsburgh School of Social Work with a concentration in Psychology. Her personal mission has been centered on healing, which drew her to create Self Care Housekeeping, a household support service for people struggling with their mental health and stress. Experience with youth includes serving as a youth life skills facilitator, adolescent behavioral health counselor and launching a youth advocacy training program.

**To learn more, visit [leadpittsburgh.org](http://leadpittsburgh.org) and [jfcspgh.org](http://jfcspgh.org)**