



Missouri Department of
MENTAL HEALTH

DMH CARES

Join Us for Virtual Sessions
To Cope with COVID19

Sponsored by



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Tuesdays, 3:30 – 4:00pm

Free Webex Events – [Register Here](#)

All are welcome! Each episode features:

- ✓ Experts sharing information and best practices
- ✓ Wellness
- ✓ Mindfulness & Coping
- ✓ Stress Management
- ✓ Resources