

## WCARP Mindanao: Mental Health Webinar Series entitled: Estorya Ta

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The poster is for a mental health lecture series titled "ESTORYA TA". The title is prominently displayed in large, bold, white letters on a yellow background. Below the title, the subtitle "A MENTAL HEALTH LECTURE SERIES" is written in a smaller font. The poster features a circular portrait of the speaker, Alberto Jr. Saldana, RPM, who is a young man in a white lab coat with a stethoscope. To the left of the speaker's portrait, the topic of the lecture is listed: "INTRODUCTION TO MENTAL HEALTH AND WELL-BEING". Above the speaker's portrait, there are three circular logos representing different organizations. At the bottom of the poster, the date and time of the event are specified: "16 JANUARY" (with a calendar icon), "10-12 AM NN" (with a clock icon), and "ZOOM" (with a computer monitor icon). A registration link is provided at the bottom: "REGISTER AT: BIT.LY/YSPMISOCMENTALHEALTHWEBINARSERIES". The background of the poster is a collage of blue and white abstract shapes, including puzzle pieces and silhouettes of people.

These turbulent times have been devastating, intensified by the COVID-19 pandemic. Last year, the issue on mental health was indeed brought up and it is but a fact that most of us may have had difficulties in coping up.

Last year's battle may have ended but we know for sure that the fight is still not over. With this, we would like to invite you all to participate in this life-changing adventure as we discuss its significance, impact, and how to better understand ourselves in these trying times.

Join us as we launch this year's Mental Health Webinar Series entitled "ESTORYA TA" this coming Saturday, January 16 from 10 AM to 12 PM. Get a chance to learn new ideas from our very own guest speaker, Mr. Alberto Salda a, Rpm.

Register here! [bit.ly/YSPMisOccMentalHealthWebinarSeries](https://bit.ly/YSPMisOccMentalHealthWebinarSeries)

This webinar is for FREE, open for EVERYBODY, comes with an E-CERTIFICATE but is strictly FIRST COME, FIRST SERVE BASIS.

See you there!

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#YSPMisOcc  
#MentalHealthMattersLifeline