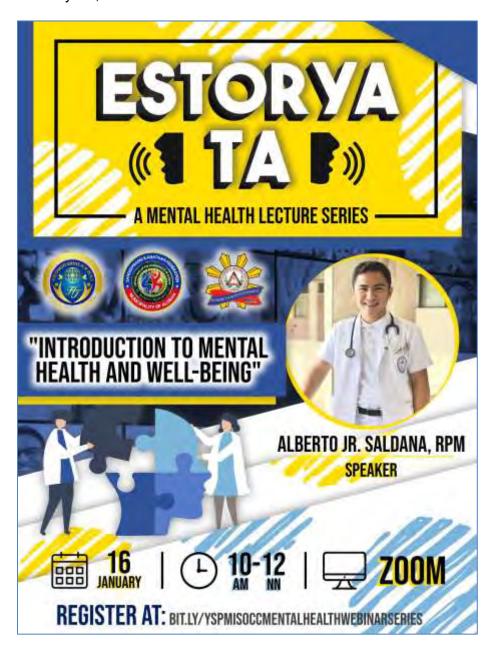
## WCARP Mindanao: Mental Health Webinar Series entitled: Estorya Ta

Juluis Malicdem January 13, 2021



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! <u>bit,ly/YSPMisOccMentalHealthWebinarSeries</u>

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

See you there!

Words by Kairos Daron Design by EJ Amores

#YSPMisOcc #MentalHealthMattersLifeline