

# Mental Health Symposium: *"Mind Over Matters"*

December 12, 2024

1

THRIVING  
STUDENTS

2

ENGAGED  
COMMUNITY

3

EMPOWERED  
STAFF



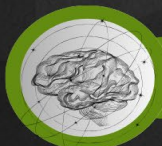
# MENTAL HEALTH

## Symposium

Mind Over Matters



SATURDAY, JAN. 25, 2025  
8:30 AM-2 PM  
BILL R. JOHNSON CTE CENTER  
4500 LONGHORN TRAIL FORT WORTH, TX 76036



### WORKSHOP TOPICS

- ✓ Mental health awareness and support
- ✓ Balancing social media daily
- ✓ Coping with grief and loss
- ✓ And many more resources!

#### DR. TOMMIE MABRY KEYNOTE SPEAKER

- National Consultant
- Professional Speaker
- Award-Winning Author



[WWW.CROWLEYISDTX.ORG/MENTALHEALTH](http://WWW.CROWLEYISDTX.ORG/MENTALHEALTH)  
OPEN TO ALL CROWLEY ISD FAMILIES



# Event's Target Audience

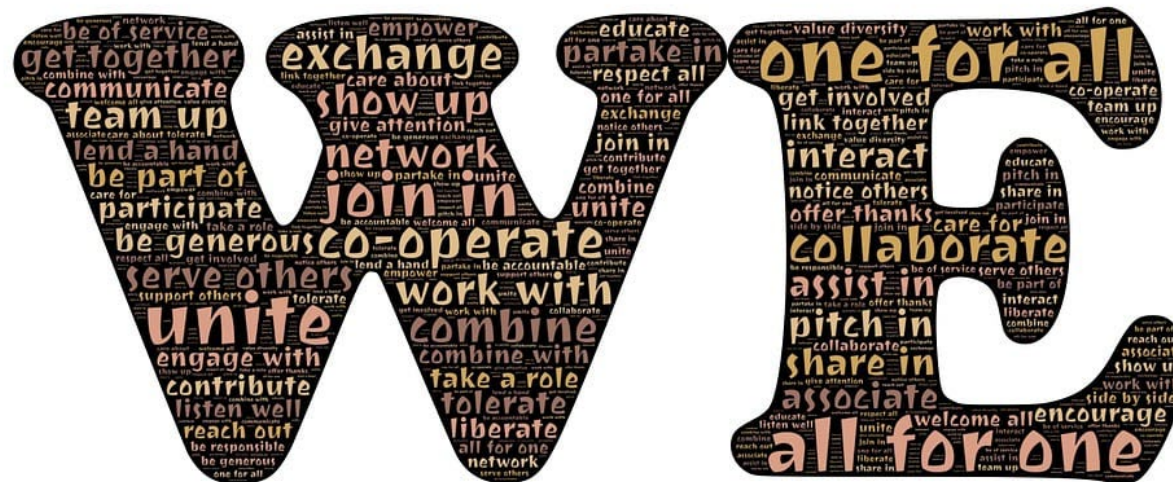
Students

Educators

Parents

Community

Anyone and Everyone who might benefit



# WHAT TO EXPECT?

- Technology and Mental Health
- Student Parent Panel Discussion
- Anxiety in Latinos
- Self-Care for Parents
- “Drain what is draining you and let Resiliency Rise”
- “Calm in the Classroom”
- Community Resources United Way (211)
- MHMR
- Meals for registered participants/families
- Give Aways and much more

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