

MENTAL HEALTH WEEK

SCHEDULE



MONDAY

MAY 12

Online

Mental Health Open Discussion

at 5 PM
by Nour Fayad
Ages 15+

TUESDAY

MAY 13

Online

Self-Care Toolbox

at 5 PM
by Sarah Mghames
Ages 15+

WEDNESDAY

MAY 14

Online

Feel It to Heal It: Building Emotional Literacy

at 4 PM
by Nour Srour
Ages 15+

THURSDAY

MAY 15

Online

Parenting with Confidence

at 5 PM
by Safaa Ibrahim

FRIDAY

MAY 16

In-Person

Stress-Free Teaching

at 4 PM at **Amideast, Downtown**
by Rasha Halat and Maggie Najem

In-Person

Laughter Yoga

at 5 PM at **Amideast, Downtown**
by Lina Boudisseau
Ages 15+

Debunking Mental Health Myths

at 6 PM
by Maya El Dana
Ages 15+

Scrolling Minds: Social Media and Mental Health

at 5 PM at **Amideast, Antelias**
by Georgio Abi Mansour
Ages 15+

SATURDAY

MAY 17

In-Person

My Puppet, My Feelings

at 10 AM at **Amideast, Downtown**
by RedOak
Ages 7 to 12



Register Today!