



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

9/22/20

Reminder

DMH Cares

Join DMH for virtual sessions to cope with COVID-19

Tuesdays, 3:30 – 4:00 pm
Free Webex Events – [Register Here](#)

All are welcome! Each episode features:

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

[Click](#) for more information about DMH Cares.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH