

THE POWER OF US

A MENTAL HEALTH CONVERSATION



**THE ALARMS
WE IGNORE**
Jill Nash,
*Founder & Director of
Looking4Answers*



**BUILDING RESILIENCE:
YOUR PATH TO THRIVING
WITHOUT BURNOUT**
Wendy Gibbs,
*Founder of LiveWell
Gainesville and LMFT*



**YOUTH IN CRISIS:
RECOGNIZING MENTAL
HEALTH WARNING SIGNS**
Phil Smith,
*Director of Light University
with AACC*

A FUNDRAISER FOR MENTAL HEALTH SOLUTIONS

Ignoring the mental and relational health crisis won't make it disappear. This epidemic affects everyone. As leaders—in our families, businesses, schools, non-profits, and communities—we all have a vital role to play. Caring for our own mental well-being and that of our loved ones is where it starts. It's time to rally together, unite our efforts, and be the change the world desperately needs. **Join us in making a difference.**



The Rock of Gainesville
10901 W Newberry Rd., Gainesville, FL 32606
September 9, 2024 | 6:30-9:30PM

Attendee: \$45 | Groups of 4+: \$35 | Student: \$25 | Coffee + desserts provided.