



# Carmel Cares: A Mental Health Awareness Forum

Wednesday, April 24, 2019  
6:00-8:00 p.m.

Please join us for an evening of education, networking, and information sharing about mental wellness and available resources.

- Breakout Sessions:**
- 6:30 p.m. Self-coping Skills Toolbox
  - 6:30 p.m. The Pill Problem
  - 6:30 p.m. Domestic Violence and Trauma
  - 7:15 p.m. Suicide Awareness & Prevention
  - 7:15 p.m. Mindfulness and Positive Thinking
  - 7:15 p.m. Human Trafficking

**Vendor Marketplace:** A variety of vendors will be present to share information about services they provide.

**Registration:** Please register on Eventbrite so we know to expect you!



<https://carmelcares.eventbrite.com>

**Location:**  
Orchard Park Elementary School  
10404 Orchard Park Drive South  
Indianapolis, IN 46280



- Thank you to our sponsors:**
- Carmel Clay Schools
  - Costco Wholesale
  - Texas Roadhouse

\*\*\* Attendees must be at least 18 years old due to the sensitive nature of the subject matter  
There will not be any type of childcare provided. \*\*\*