

# The Working Mind



The Working Mind is a training program designed to initiate a change in how you think, feel, and act about mental health. You will learn to: build mental health literacy, break down stigma, strengthen communication skills, and improve resilience

## The next training session is...

Date:

Time:

Location:

Notes:



**Opening  
Minds**

To learn more about  
The Working Mind, visit  
[openingminds.org](http://openingminds.org)