## THE CENTENNIAL BRIEFING

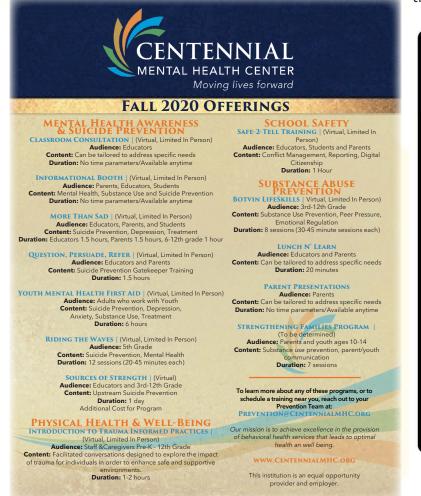


Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

## **PREVENTION WORK CARRIES ON**

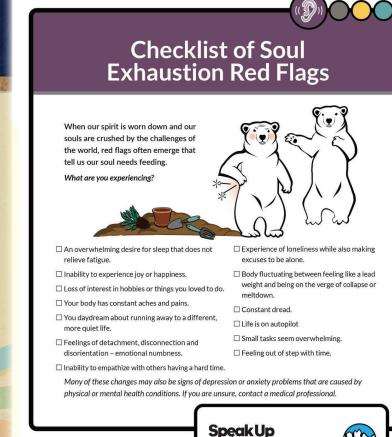
While the vast majority of Prevention Services are remaining virtually, the Prevention Team has been providing a few QPR Trainings as well as teen MHFA in person. Stay tuned for pictures of future trainings!

Below is what the Prevention Team is currently offering this Fall.



## **IS YOUR SOUL EXHAUSTED?**

In the beginning of the pandemic, aside some unfortunate happenings for some, many would report the pandemic allowed more family time and concentration to things put on a back burner. Now however, some are starting to sense the opposite effects of COVID and now more than ever, it is still extremely immenent that we concentrate on our mental health and the well being of others.



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