



Mental Health Month

STAMP OUT STIGMA

Seminar: Married with PTSD

A local couple share their personal experiences living, working, and supporting each other while managing mental health challenges. They want to encourage others to come forward and ask for help.

Keynote Speakers:

Meg Hawkins and Eric Provow

Date: Wednesday, **May 1**, 2019

Time: 12 Noon—12:45 PM & 4:15 PM—5 PM

Location: Sequoia I Auditorium, 2100 Washington Blvd Arlington, VA.

Reception: Music, Refreshments, Massage

Date: Wednesday, May 1, 2019 Time: 5:15—7 PM

Location: Syphax/Sequoia II, 4th Floor