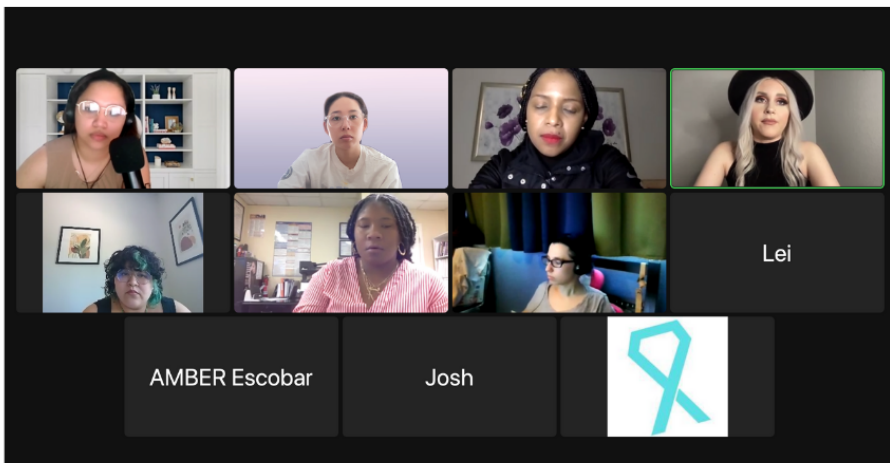


April Newsletter



Counseling Awareness Month is celebrated in April every year to highlight the importance of counseling professionals, from mental health counselors, school and college counselors, substance abuse counselors, to career counselors. It's a time when their professional and societal contributions should be honored. This celebration also aims to eradicate the stigma of seeking help.

Annual Mental Health Fest in May!



This year's Mental Health Fest is our biggest annual virtual event! It started last year to honor Mental Health Awareness Month. The event's goal is to raise mental health awareness through various activities. This year we are planning to host it in May for 7 days on Instagram live (@traumaspeaks). For last year's event, we hosted many virtual activities over a weekend such as an art therapy session as well as panel discussions about various mental health topics. It was an extremely fun and informative event! Come join us for this year's week-long festival!

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Check out our latest post on the effects of divorce on both parents and children [here](#).

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