



Feel-Good Friday

How can you promote a culture of equity and inclusion?

- Be an advocate when there is an opportunity to speak out on behalf of mental health for underrepresented groups and communities.
- Show compassion and seek to understand the experience of individuals with identities different from your own.
- Prepare and share educational materials.

Everyone deserves a welcoming, loving world.

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org.