



**Access to Wholistic and Productive Living Institute, Inc., and the
Port Towns Community**
-Presents-

2nd Annual Women's Health Conference
In support of Minority Health Month

Accelerating Quality and Accessible Women's Mental Health Services

By the time African-American women seek mental health treatment, the illness has progressed to a much more severe stage than is seen in other demographic groups. Many believe their symptoms are "just the blues" and are not proactive in changing their condition.

Promoting the widespread understanding that women's mental health is an essential part of their overall health.

Participants attending the conference will be able to:

- Understand the correlations between Spirituality and Mental Illness
- Recognize the unique prevalence of trauma, violence, and abuse in the lives of girls, women, and female veterans;
- Understand the determinants in depression, anxiety and stress induced emotional illnesses.
- Identify mental illnesses, effective treatments, and promising approaches for promoting mental health, resilience, and fulfilling lives for those living with mental illnesses.

Join us healthcare providers, community health workers, health policy makers, active duty military and veterans, health educators, researchers, public and community members, and students.

Saturday, April 30, 2016 - 8:30 am- 3:00pm

Colmar Manor Community Center, 3701 Lawrence Street Colmar Manor 20722

Further information and registration: 240 467-2607

Register and make your \$25 tax-deductible donation on line:

<https://www.eventbrite.com/e/2nd-annual-womens-health-conference-tickets-22798560107>



Kaiser Permanente

