



# MENTAL HEALTH FIELD DAY

Roger Williams Park - Temple to Music

**SATURDAY, 1-4PM  
MAY 22ND, 2021**

Join us for a special Mental Health Awareness Month COVID-friendly event as we celebrate our theme, "Nurturing seeds of change for tomorrow's hope." Parents, youth and children are all welcome for a family fun-filled day of:

- Yoga for parents
- Food and giveaways
- Self-care resources
- Field games and activities

*To register, for accommodations and questions please call our warm line at 401-467-6855.*