GRIT & Grace

MULTICULTURAL WOMEN'S MENTAL HEALTH CONFERENCE

A FREE VIRTUAL EVENT

Thursday, November 4, 2021
9:00 am - 12:30 pm PST

Learn More & Register
www.MyASHA.org/Grit&Grace

ASHA
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WE GIVE HOPE
www.myasha.org

Grit & Grace: Multicultural Women's Mental Health Conference is an inclusive event to inspire, educate and empower women from across cultures to take charge of their mental health, and cultivate resilience & well-being.

- **INSPIRATION**: Get inspired by the personal stories of leading mental health advocates.
- **EDUCATION**: Explore barriers & pathways to mental health and well-being.
- **EMPOWERMENT**: Learn how to take charge of your mental health and cultivate resilience & well-being.

Learn more & register at www.myasha.org/Grit&Grace

Thanks to the incredible generosity of our sponsors for making it possible for us to offer the conference FREE of charge.

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