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## PRESS RELEASE

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Contact: Jennifer C. Jones, Director of Community & School Affairs, (478) 988-6390, [Jennifer.C.Jones@hcbe.net](mailto:Jennifer.C.Jones@hcbe.net)

### **Houston County School District to Host Mental Wellness Summit**

HOUSTON COUNTY, GA – The Houston County School District will host a Mental Wellness Summit on Thursday, May 5 from 10 a.m. – 6 p.m. at the Cary W. Martin Conference Center in Warner Robins. Health providers, families and other interested members of the Houston County community are invited to attend.

“The goal for the summit is to increase awareness around mental health issues, share how our youth are impacted, and meet therapy providers who are available to offer help in our community,” says Dr. Zabrina Cannady, Assistant Superintendent of Student Services for the Houston County School District. “Through the COVID pandemic, we’ve seen how even more vulnerable our youth have become, and we want to share community resources that can help our students and their families.”

Presentations throughout the day include:

- 10:30 – 11:15 a.m.: Recognizing and Addressing Anxiety and Depression in Youth, Jason Hobbs, LCSW
- 12:30 – 1:15 p.m.: Social Media and Your Youth, Sgt. Ben Lashley, Houston County Juvenile Division
- 2:30 – 3:30 p.m.: Supporting Students through the Global Pandemic, Deborah Kinlaw, LCSW

Beginning at 4:30 p.m., attendees can meet with community therapy providers. This is a drop-in event. The Cary W. Martin Conference Center is located at 233 N. Houston Road in Warner Robins. Spanish translation will be available. For more information, contact Tangela Brice, Project AWARE Coordinator, at [tangela.brice@hcbe.net](mailto:tangela.brice@hcbe.net).

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