

Hon. Scherie Murray | Hon. Samuel Benoit
29th Assembly District Republican State Committee

presents

COMMUNITY CONVERSATIONS

WITH

DR. JEFF GARDERE

A Q & A ON

MENTAL HEALTH



Join us for a **free community service event** aimed at bringing **awareness** about mental health and **wellness** to our **local community**. 'America's Psychologist' Dr. Jeff Gardere will moderate the 'Q & A' and **answer** mental health related **questions**. The event will provide a **safe space** with **resources** for all attendees, including those that may be under a lot of **stress**, in need of **therapy**, feeling **lonely** or helpless, **suffers** from **anxiety**, depression, **PTSD** or may have had **thoughts** of suicide.

**GUEST SPEAKER AND SPONSOR
DONOVAN RICHARDS JR.**



COUNCIL MEMBER 31ST DISTRICT

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(F.A.I.T.H.)

**GUEST SPEAKER
MAXINE OUTERBRIDGE**



MENTAL HEALTH AND HEALING ADVOCATE

COMMUNITY RESOURCES

NYC Small Business Services | National Alliance on Mental
Illness (NAMI) | V!brant Emotional Health, Inc. | MediSys
Health Network, Inc. | Awesome Powers Track Club, Inc.
Scudder Intervention Services Foundation, Inc. (SISFI)

NOVEMBER 14TH | 6PM - 8PM | COLONEL EDWARD O. GOURDIN VFW 5298

143-17 SPRINGFIELD BLVD. SPRINGFIELD GARDENS, N.Y. 11413

SPACE IS LIMITED | RSVP TO ATTEND: FRIENDSOFSCHERIEMURRAY@GMAIL.COM

APPETIZERS & REFRESHMENTS SPONSORED BY THE DOOR RESTAURANT

Rosedale | Laurelton | Springfield Gardens | St. Albans | Hollis | Addisleigh Park | Jamaica