

As part of National Men's Health Week, please join the Bronx community for a virtual



# MENTAL HEALTH MARKETPLACE 2021

**Thursday, June 17, 1-4 PM online via WebEx**  
**COVID-19 Community Conversations (C3) Certification**

The NYC Health Department is providing a free, three-hour interactive training for all New Yorkers to address the mental health challenges brought on by COVID-19 and structural racism, consisting of four modules where participants will learn about:

- COVID-19's impact on mental health
- Depression, anxiety and coping with grief
- Addressing trauma and managing stress
- Health disparities in communities of color
- Strategies for self-care and community care
- Mental health resources available in NYC

Registration space is limited. To register, please contact Fernando Tirado at [ftirado@health.nyc.gov](mailto:ftirado@health.nyc.gov)

**Friday, June 18, 1-4 PM online via WebEx**

- 1:00 PM** Mindful Cooking Demonstration by BronxWorks
- 1:30 PM** Youth Substance Use Awareness discussion by Montefiore Project Rising
- 2:00 PM** Stress Management Workshop by Hostos Community College
- 2:30 PM** Healthy Lifestyle Cooking Demo by Empire Blue Cross Blue Shield
- 3:00 PM** Men's Mental Health Workshop by NYPCC
- 3:30 PM** Men's MyPlate Nutrition Workshop by BronxWorks

Join us at: <https://nycdohmh.webex.com/nycdohmh/j.php?MTID=ma03597f18a84496b0a9d1b272e599b94>



**OUR  
GOAL**

To promote the importance of emotional wellness thru education, support, and resources for the Bronx community to support better mental health for all.

*The Bronx Mental Health Marketplace is sponsored by these Health & Wellness Partners*

