



**'PUT YOUR OXYGEN MASK ON FIRST!'**

## **MENTAL WELLBEING SUPPORT AND RESOURCES FOR PARENTS**

With Kayla Bailey, Director, Mind Springs Health, Aspen  
and  
Angilina Taylor, Executive Director, Aspen Strong

**TUESDAY, NOVEMBER 9: 5:30-7:00 pm**  
**IN-PERSON ONLY**  
**At the ASPEN MIDDLE SCHOOL**  
**For ANY parents of children 0= 18**

Submit a question or topic  
<https://forms.gle/vm2V1Nivfzg8VQU16>

