

# Parent Education: Mental Health 101

**Mental health education isn't just important - it's necessary.**

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INtegrity Counseling and the Boys and Girls Club of Bloomington Normal will be hosting an educational session on mental health for parents and caregivers.

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**When: February 6th, 2023 at 5pm**  
**Where: INtegrity Conference Center**  
**502 S. Morris Ave, Bloomington**



**BOYS & GIRLS CLUB**  
OF BLOOMINGTON-NORMAL

309-829-3034

309-827-9100

**INtegrity**  
counseling  
Do. Be. Heal.

*Grow your knowledge of mental health!*

An illustration on a light blue background showing a tree with a brown trunk and branches. The leaves are represented by numerous pink hearts of various sizes. At the base of the tree, four stylized human figures are watering the tree with watering cans. From left to right: a blue figure, a green figure, a yellow figure, and an orange figure. The watering cans are tilted, and small pink hearts are shown falling from the spouts.