



MENTAL HEALTH MATTERS VIRTUAL SERIES

Join MHA's Executive Director, Kathy Rogers and Incoming Board President Rob Jones on **Tuesday, June 2, 2020 at 3 p.m.** for Mental Health Matters.

Connect with us for 30 minutes of inspiration, connection, and Q&A. The topic will be Systemic Racism and Trauma.

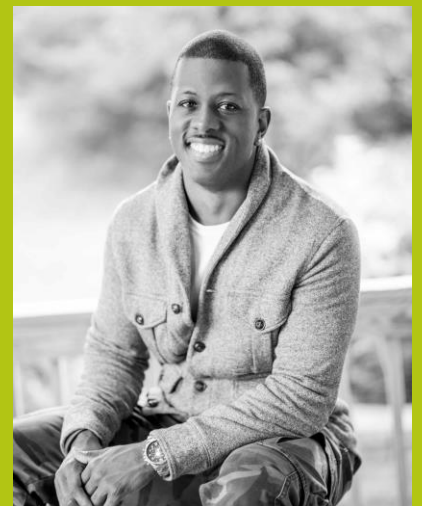
REGISTER NOW

TUESDAY, June 2, 2020
3:00 - 3:30 P.M.
COST: FREE

TO SIGN UP: [CLICK HERE](#)

OR GO TO
WWW.MHACENTRALCAROLINAS.ORG

OUR GUEST



Charles Hunt

Charles Hunt is a Resilience Expert, Educator, and motivational speaker. He helps individuals build resilience while harnessing our most important resource in resilience...our minds. Charles' TEDx Talk "What Trauma Taught Me About Resilience" has attracted international acclaim. As the [founder of The Audacity Firm, LLC](#), his firm provides professional & personal development programs, coaching, and events that equip clients to build and maintain hope, navigate trauma and adversity (particularly ACE's), & build the resilience necessary to LIVE, DO, and BE BETTER.