

THE GLOBAL COMPASSION ORG.
AND JAINA PRESENTS:



MENTAL HEALTH 360

Help us break the stigma that exists in our community and inspire more people to seek therapy.

PROGRAM:

1. Oct 10 - Introduction to Mental Health with Dr. Ronak Jhaveri
2. Oct 17 - The Social Stigma with Dr. Vasudev Makhija, Director of SAMHIN
3. Oct 24 - Dive into the Physiological Effects with Dr. Romi Chopra
4. Oct 31 - Tools and Guided Meditation with Hemang Srikrishnan

**Dates: Every Sunday, Oct 10 - Oct 31,
2 - 4 pm PT**

Please register here:

<https://tinyurl.com/MentalHealth360>
and/or email shah.morish@gmail.com with any questions!

Here is the Zoom Link for the event:

<https://tinyurl.com/MentalHealth360ZoomLink>