



Find Hope, Find Help

You are invited to NAMI Laredo's Monthly Educational Meeting. NAMI Laredo will be offering educational programs and support groups. We will keep you Posted! NAMI is America's Largest Grassroots Organization dedicated to improving the lives of individuals and families affected by mental illness.

You are not alone! Resources are available to you.

Date: February 22, 2018

Time: 6:00pm –7:00pm

**Location: Border Region Behavioral Health (MHMR),
1500 Pappas Street, Laredo Texas 78041**

Guest Speaker: Ashley Megan Gastineau
Topic: Healing Trauma



Ashley Gastineau is a Family Consumer Science Agent for Prairie View A&M Cooperative Extension Program. Her vision as an agent is, the family is the major provider of joy, security, values and goals. Her mission as an Extension agent is to plan and deliver research-based family focused programs in health and well-being, parenting, life skills, money management and nutrition to underserved clientele, but, not excluding other audiences, that will serve as a catalyst to improve the quality of living. Ashley, graduated with an Associates of Science and a Bachelor of Arts in Psychology from Texas A&M International University. Prior to her employment as an extension agent, she worked as a Nutrition Educator for Texas A&M Agrilife Extension for the Better Living for Texas Program. Ashley, is also a certified Nutrition Educator through the National Nutrition Certification

Facility is Handicapped Accessible

Light refreshments will be served

For more information contact us at:
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