In times of great stress, **social connection** has proven to be our greatest source of strength and healing. Monterey County Behavioral Health has created a series of free opportunities for anyone in our community to come together to build our **coping** and **resilience**. Join us.

**FORWARD TOGETHER INITIATIVE**

**Families Matter**
An educational series on child and adolescent mental health.

**Mamas and Babies**
Build connections and support for the joys and challenges of motherhood.

**Parenting**
A parenting series that shares practical strategies for school success.

**Senior Connect**
Senior support group to build connections and stay healthy.

**Teen Connect**
A safe space where teens can connect and get support.

**Women’s Group**
A safe and nurturing space where women come together to discuss and learn how to manage life’s stressors.

**The Power of Stories to Heal**
First 5 Monterey County and MCBH Present: The Power of Stories to Heal
Tuesday March 2nd & Tuesday March 16th at 6:00 P.M.
https://montereycty.zoom.us/j/94457647694

For more information call or visit:
(888)258- 6029  
http://montereyforwardtogether.org

**Calendar**

**February - March 2021**

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>10:00 A.M.</td>
<td></td>
<td></td>
<td>Preparing our Children for School Success <a href="https://zoom.us/j/95151364771">https://zoom.us/j/95151364771</a></td>
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<td>11:00 A.M.</td>
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<td>2:00 P.M.</td>
<td>Teen Connect: Social Justice <a href="https://montereycty.zoom.us/j/98548030112">https://montereycty.zoom.us/j/98548030112</a></td>
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<td>4:00 P.M.</td>
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<td>Mamas and Babies <a href="https://montereycty.zoom.us/j/98548030112">https://montereycty.zoom.us/j/98548030112</a></td>
<td><a href="https://montereycty.zoom.us/j/98794330971">https://montereycty.zoom.us/j/98794330971</a></td>
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<td>5:30 P.M.</td>
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<td>Women’s Group <a href="https://montereycty.zoom.us/j/96794330971">https://montereycty.zoom.us/j/96794330971</a></td>
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<td>7:00 P.M.</td>
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