

MENTAL HEALTH Mondays



Join us in the community throughout May to learn more about mental health and why it's important.

MAY 6 | 6:30 – 7:30 PM



PRESENTER

John Illingsworth, LCSW
Clinical Coordinator, Psychotherapy,
St. Luke's University Health Network

LOCATION

Upper Perk YMCA
1399 Quakertown Road, Pennsburg

MAY 20 | 6:30 – 7:30 PM



PRESENTER

Sara Dobson, MS, CPRP
REACH – IPR Program Manager,
St. Luke's Penn Foundation

LOCATION

Free Fall Action Sports Skate Park
670 S. Main Street, Quakertown

MAY 13 | 6:00 – 7:00 PM



PRESENTER

Lisa Dembrosky, CPRP
Wellspring Clubhouse Operations
Coordinator,
St. Luke's Penn Foundation

LOCATION

Indian Valley Public Library
100 E. Church Avenue, Telford

LEARN ABOUT

What is mental health and why it's important

Tips and tools for supporting
mental wellness

Ways you can help reduce stigma
around mental illness

Free resources that are available



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BEHAVIORAL HEALTH SERVICES

For questions, email us at PennFoundationQuest@sluhn.org.

