



# Prince George's County Board of Education

## Mental Health 24/7 Series: Anxiety

### "Find Your Peace, End the Stigma"

#### Student Forum



**Purpose Statement:** The Mental Health 24/7 Series will provide a panel discussion focused on helping students, families and the community to better understand how to access resources and cope with the challenges of life while maintaining their physical and emotional health.

#### Student Panelists:

- Student Board Member, Ninah Jackson (Oxon Hill High)
- PGRASG President, Jazlyn Leonso (Bowie High)
- Student Advocate, Paul Ike (High Point High)
- Student Advocate, Cesar Gutierrez (High Point High)

#### Student Moderator:

Milagro Luis Manuel (High Point High)

#### Guest Speaker:

PGCPS Mental Health Coordinator, Scott Showalter

#### Sponsored By:

At-Large Board Member Sandra D. Shephard with Board Members Pamela Boozer-Strothers, Sonya Williams and Student Member Ninah Jackson

**Monday, November 2<sup>nd</sup>, 2020**

**5pm. – 6:30pm.**

Simultaneous Spanish interpretation will be available for families during the forum. Listen in by calling 508-924-5155.

For more information email [david.smith@pgcps.org](mailto:david.smith@pgcps.org)



**Zoom ID: 979 3671 2003**

**Password: MH247**

<https://tinyurl.com/MentalHealth247>