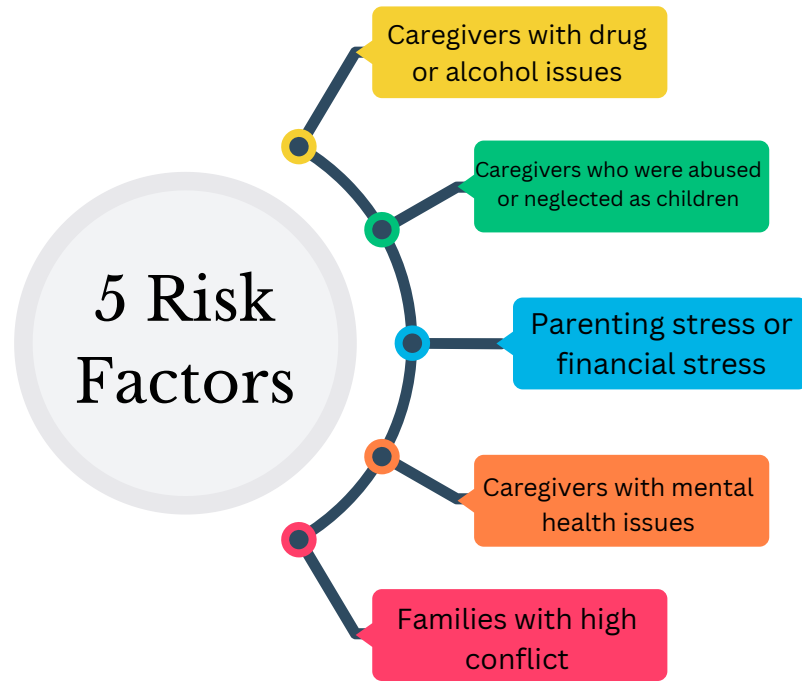
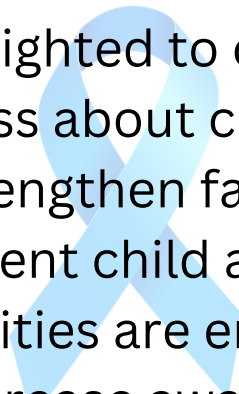


# NATIONAL CHILD ABUSE PREVENTION MONTH

During April, we recognize Child Abuse Prevention Month. This month is highlighted to create awareness about child abuse and strengthen families to prevent child abuse. Communities are encouraged to increase awareness regarding family well-being to support families and prevent child abuse and neglect.



## MENTAL HEALTH CORNER

April is Stress Awareness Month! Managing stress is an essential part of a healthy lifestyle. Having healthy stress management skills may improve your mental and physical well-being. Visit Mental Health America for a variety of tips to help you cope with negative stress.



Learn more at: