

Join MVHS Ambassadors in...

Mental health week

Monday

Stop the Stigma Booth

- * Pledge to stop the stigma
- * Positive messages

Tuesday

Iceberg

- * Emotional iceberg
- * Between Theater/Cafeteria

Wednesday

Mental Health Panel

- * Students and professionals
- * ASB room (413/415)

Thursday

Wellness Fair

- * Clubs host wellness activities
- * Have fun and relax!

Friday

PAUSE at lunch & Out of the Darkness walk

- * 5:30 pm @ MVHS Track

March 9 - 13, 2020