

# STORY COUNTY MENTAL HEALTH EXPO 2020

## SAVE THE DATE

**\* VIRTUAL \***

**Details  
coming  
soon!**

AN EVENING OF  
*hope & healing*

**“Recognizing and Releasing Trauma”**

**Monday, September 14**

**6:00 – 8:30 PM**

**VIRTUAL Resource Fair opens at 6:00 PM**

**FEATURING KEYNOTE SPEAKER Jessie Beyer at 7:00 PM**



Jessi Beyer is a speaker, mental health advocate, and the author of *How to Heal: A Practical Guide To Nine Natural Therapies You Can Use To Release Your Trauma*. She is on a mission to help those around her feel valid, heard, and appreciated in their mental health struggles and design lives they love waking up to. Jessi has been featured in dozens of media outlets, including Elite Daily, Thrive Global, and Best Company, and has spoken to thousands of people across the country at places like Fairygodboss and Missouri State University.

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**Resource Fair: 6p-7p**

**Key Note: 7p-8p**

**Q & A / Discussion: 8p-8:30p**