

SENATOR NATHALIA FERNANDEZ
PRESENTS



MENTAL HEALTH & SELF EMPOWERMENT VIRTUAL WORKSHOP

IN COLLABORATION WITH

LED BY OMARI CANNON & DILIANA ESCANO



FOUNDER



1ST VICE PRESIDENT

THURSDAY
MAY 29TH, 2025
6:00PM to 7:15PM

SCAN THE QR BELOW
TO REGISTER!



- ✓ Develop a positive and empowering relationship with yourself
- ✓ Find new ways to prioritize your mental health and well-being
- ✓ Gain strategies for setting goals, building confidence, and overcoming self-limiting beliefs.

FOR MORE INFORMATION, CONTACT US!
PHONE: (718) 822-2049. EMAIL: CEILEMA@NYSENATE.GOV

