



MENTAL HEALTH MATTERS VIRTUAL SERIES

Join MHA's Executive Director, Kathy Rogers on **Tuesday, October 13, 2020 at 3 p.m.** for Mental Health Matters.

Connect with us for 30 minutes of inspiration, connection, and Q&A. The topic will be **"Tips for Making Lemonade When Life Gives you Lemons."**

REGISTER NOW

TUESDAY, October 13, 2020
3:00 - 3:30 P.M.
COST: FREE

TO SIGN UP: [CLICK HERE](#)

OR GO TO
WWW.MHACENTRALCAROLINAS.ORG

OUR GUEST



Alexis Brightman, M.A., L.P.A.
Owner/Psychologist at
[Younoia Counseling and](#)
[Psychological Services](#)

Alexis Brightman has been working in the field of mental health for well over a decade, starting her clinical practice in 2016. She provides a number of specialized therapeutic services to those dealing with challenging life experiences. Client well-being is her number one priority, helping individuals, families and couples overcome obstacles. Life is riddled with hardships, change, and growth – Alexis strives to normalize issues related to mental health, and to serve as a source of support in clients' efforts to work towards healthy mental and emotional functioning.