



be a mindleader[®]

Talk to your Kids About Mental Health

**Start the conversation this
holiday season.**

- What is the best holiday experience you can remember?
- What are you most grateful for this year and why?
- What is the coolest gift you have ever given someone and why?
- What makes you stressed the most during the holidays?
- What kind of goals would you like to set for the new year?



#BeAMindleader

Join the Conversation



Be A Mindleader



@BeAMindleader

Scan the QR code to access our
Be a Mindleader resource hub.




Advent Health
for Children



Heart of Florida United Way