



**be a  
mindleader**™

Talk to your Kids About  
Mental Health

**Start the Conversation On the Way  
Home From the Volleyball Game**

“Who was your favorite  
player and why?”



“Was there a moment at  
the game that made you feel  
nervous or overwhelmed?”

“What did you enjoy the most  
about the volleyball game?”

# #BeAMindleader

## Join the Conversation



Be A Mindleader



@BeAMindleader



**Advent Health**  
for Children