

MENTAL HEALTH & WELLNESS FAIR

FREE
TO ALL ATTENDEES



HOSTED BY OSWEGO COUNTY PREVENTION COALITION

WHEN: JUNE 3RD | 10AM-2PM

WHERE: LAKE ONTARIO EVENT & CONFERENCE CENTER

26 E 1st St, Oswego, NY 13126

Join us for a Community Mental Health & Wellness Fair. The fair will feature vendors who specialize in various forms of mental health & wellness. Get connected with local mental health professionals and learn more about how they can help.

GUEST SPEAKER

MATT GRIFFIN

AUTHOR, PUBLIC SPEAKER, MENTAL HEALTH ADVOCATE

Matthew Griffin is a 21-year veteran of the U.S. Navy, Virginia Beach, Virginia and Keene NH Police Departments. Today Matthew is the owner of Journey Speaking and Books. Matthew is a national speaker, mentor, and consultant who is passionate about changing the culture around mental health and police, members of the military, Emergency Services, and Fire Fighters. Matthew is also the author of the #1 Amazon bestselling book *"The Journey to Midnight."*



FOR MORE INFORMATION PLEASE CONTACT: TAHART@FARNHAMINC.ORG