

Sponsored by the Ridgely Middle School PTA



An evening with Dr. Heidi Schreiber-Pan:

"The Role of Connection to Nature on Psychological Well-Being and Resiliency"

**Wednesday, May 5, 2021 via ZOOM
6:30-8:00 pm**

Children's Mental Health Matters Week is celebrated during the first week of May each year. In honor of this week (and the warmer weather of spring!), we invite RMS parents and students to attend a virtual evening with Dr. Schreiber-Pan who will lead a presentation, activities, and discussion on the role of nature in mental health. Most of us feel better after a walk outdoors or at the sight of something beautiful in nature. Dr. Schreiber-Pan has studied extensively the connection between our well-being and nature and will discuss how nature impacts human resilience and overall mental health, and the role of nature exposure in children's well-being.

[Register HERE!](#)



Dr. Schreiber-Pan is the clinical director at Chesapeake Mental Health Collaborative in Towson, MD. She is an affiliate faculty member at Loyola University and received her PhD in Counseling Psychology. She is founder of the Center for Nature Informed Therapy.