



Wellness at Penn, Cogwell
and Active Minds present:

SEND SILENCE PACKING

September 5th, 2023
9:00 am to 3:00 pm

In the green space
to the left of Van Pelt Library

An event about mental health,
how to seek help
and realizing you are not alone.

Content warning: This event is about mental illness and suicide.
Learn more at: <https://www.activeminds.org/programs/send-silence-packing/>