



**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



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Heart of Florida
UNITED WAY