

HI DOE & CHARTER SCHOOL STAFF

WE INVITE YOU TO SHARE YOUR

MANA'O ABOUT

MENTAL HEALTH & WELL-BEING @ WORK

The **Hawai'i Office of Wellness and Resilience** is holding virtual statewide focus groups to learn about the mental health and well-being resources available to **state public school staff**, police, firefighters, sheriffs, county and state health care employees – and we want to hear from you!

SIGN UP FOR A FOCUS GROUP TODAY!

Wednesday, August 13 at 2 p.m. - 3 p.m.
Thursday, August 21 at 5:30 p.m. - 6:30 p.m.
Saturday, August 23 at 9 a.m. - 10 a.m.

Your voice matters!

Help shape the programs of tomorrow.

We're not just collecting stories—we're using them to inform real changes. Your voice will shape future mental health programs and supports across the state.

Learn from each other.

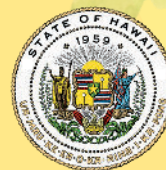
By bringing people together in safe, guided conversations, we hope to highlight shared struggles and strengths across professions.



**SCAN THE QR CODE AND
CLICK ON THE LINK TO SIGN UP**

<https://owr.hawaii.gov/state-of-well-being-project/>

Join us online! All focus groups will be held on Zoom by trained facilitators. Questions?
Email us at owr.sowb@hawaii.gov



Ke Ke'ena Kūpa'a Maui Ola
Office of Wellness and Resilience
Office of the Governor
Our resilience is rooted in our wellness.