

Palm Beach County  
Youth Services Department  
Residential Treatment & Family Counseling Division  
Education & Training Center  
PRESENTS

# Lunch & Learn

## Introduction to Mental Health

**Presenter:**

**Brittany Grimshaw, Psy.D.**



### REGISTRATION LINK:

**[HTTPS://  
WWW.SURVEYMONKEY.COM/  
R/2W37RY9](https://www.surveymonkey.com/r/2W37RY9)**

*If you have trouble accessing  
the survey, please copy the  
link and paste it directly into  
your browser*

### Date & Location

THURSDAY,

MAY 1, 2025

12:00 pm—1:00 pm

### ZOOM REMOTE VIDEO CONFERENCE

Once registration is  
confirmed, link to access the  
training will be provided

### Description

A vast majority of individuals have heard the term “mental health” used in some context. Whether it be to place importance on an individual’s “mental health” or check up on family’s or friend’s “mental health,” this term has become commonplace in today’s society. This presentation will focus on introducing and investigating “mental health” beyond its use as a popular phrase. Through this Lunch & Learn, attendees will advance their knowledge of the definition, importance, and features of “mental health” to cultivate confidence in their ability to understand and discuss the universal phenomena.



There is no cost associated with this program.