

You're Invited!

Dear [Community Group Name],

We are excited to invite you to our upcoming Mental Wellness Workshop, designed specifically for community members to enhance their mental well-being and cope with everyday stressors.

Workshop Details:

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Insert Location]

This workshop will provide a safe space to learn about mental health, discuss coping strategies, and connect with others. We believe that mental wellness is essential for a thriving community.

Please RSVP by [Insert RSVP Date] to ensure your spot. You can reply to this email or contact [Insert Contact Information].

We look forward to seeing you there and embarking on this journey to better mental health together!

Best regards,

[Your Name]

[Your Organization]

[Your Contact Information]