



CERTIFICATE OF ATTENDANCE

This certificate is awarded to

izaddin rasool

For the successful completion of

Holiday Stress & Self-Care

Presented by Jaymi Dormaier, LMSW

November 22, 2023

Length of Session 28 Minutes

This course was provided by Mindspring Mental Health Alliance
Empowering community members through mental health education, advocacy, and support
511 East Sixth Street Suite B | Des Moines, Iowa 50309 | mindspringhealth.org

Signature of Attendee

