



**PRESS RELEASE - FOR IMMEDIATE RELEASE**

**Award Winning Community Conversation Returns for the 4<sup>th</sup> Year on Thursday, August 3<sup>rd</sup> with a focus on mental health**

Bristol, CT – [July 31, 2023] – The City Of Bristol Parks, Recreation, Youth and Community Services (BPRYCS) is pleased to announce the return of the Award Winning Community Conversation for the fourth year at the Rockwell Park Amphitheater on Thursday, August 3, 2023 from 5:30 PM-7:30 PM.

The Third Annual Community Conversation on diversity, equity, and inclusion (DEI) will focus on mental health and will be facilitated by Wes Woodson, a nationally renowned professional public speaker, mental health advocate, and published author. Over the last three years, Wes has given a TEDtalk, published his first book *I have Anxiety So What?*, and has spoken to thousands of students around the country on the topics of mental health, self-empowerment, and self-love.

BPRYCS is committed to social equity and inclusivity and the community conversation is a venue for the community to engage in this work. Superintendent of BPRYCS Dr. Joshua Medeiros remarked, “We are very pleased to once again be hosting the Award Winning Community Conversation on Diversity, Equity and Inclusion at Rockwell Park. This year the event is focused on mental health and we are creating a space for the community to come together to not only hear Wes Woodson’s inspiring story but also to have the opportunity to learn more about the resources in Bristol to support positive mental health.”

The BPRYCS’ Community Conversation event received the Inclusive Program of Merit Award from the Connecticut Recreation and Parks Association in 2021, which honors outstanding, ongoing inclusive or adaptive programs which demonstrate a conscious effort to service people of all needs and abilities.

The event is completely free and will include a presentation and engagement activities that encourage community members to listen, learn and share experiences. Steve’s Top Dog will be on site at 5:30 pm and the first 100 participants will receive a FREE food voucher and Community Conversation t-shirt (while supplies last). The Rockwell Park Amphitheater has seating but participants are encouraged to bring their own chair.

There is no registration, no cost, and no appointments are needed. For more information, please visit [www.BristolRec.com](http://www.BristolRec.com) or call 860-584-6160.

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***About the City of Bristol Department of Parks, Recreation, Youth and Community Services***

It is the mission of the City of Bristol Department of Parks, Recreation, Youth and Community Services (BPRYCS) to deliver high-quality services and facilities that enhance the community's quality of life, meet the diverse needs of all citizens, and build a sustainable future.

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