

Let's Talk Mental Health

When: **Tuesday, November 5, 2019**

Session #1 **2:00 - 4:00 pm**

or

Session #2 **6:00 - 8:00 pm**

Where: **Central Lakes College - Room C236**

501 W College Drive, Brainerd MN 56401

Facilitators: **Jane Brekken, Life Coach**

Suzie Karsnia, CLC Counselor/Instructor

Cost: This presentation is **free**,
but please pre-register online.

Registration: <http://crowwingenergized.org/events>

We welcome all people impacted in any way by mental illness with an interest in gaining communication skills around this very important topic, including CLC students and staff and interested community members.

This training will cover an overview of the Make it Ok campaign to reduce stigma around mental illness; how to "be with" yourself and someone else. Included in the workshop is practicing and role-playing communication skills (what to say and what not to say). The majority of this training will be practicing skills of listening, empathy, acknowledging your own fear, and continuing the conversation. The hope is that participants leave the workshop more equipped and empowered to keep this conversation around mental health going.

Make It **OK**.org

*Sponsored by Central Lakes College, ACEs Resiliency Coalition,
Crow Wing Energized and Wise UCC*



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