

#TOOLS4RESILIENCE

Lunchtime Virtual Education Series
Mental Health Awareness Month

MAY 2024 | 12-1 PM

EVERY TUESDAY & WEDNESDAY

1st Social Media and Mental Health
Community Services Trooper Corey Hebner from the Gaylord Michigan State Police Post will talk about social media and staying safe online.

7th Protecting Yourself Online
IT experts will share tips for phone and tablet security, protecting your privacy, and identity.

8th Stories of Hope & Recovery: Lessons from Lived Experience
Members of Petoskey Club, New Horizons Clubhouse, Traverse House, and Club Cadillac will share their experiences and advice about living with mental health challenges and dealing with stigma.

14th There is No Expiration Date on Grief
Grief can reach out and grab you when you least expect it. There is no timetable or instruction book for dealing with grief but there are ways you can help care for yourself.

15th Somewhere Over the Rainbow: In Search of Health, Humor and Happiness
Learn how to build a personalized set of coping tools in handling stress.

21st Get Wise and Energize Your Eating
Refresh your healthy eating choices and learn about new trends.

22nd Practical Tools to Help Children and Adolescents with Complex Needs
Learn about three principles (connecting, correcting, empowering) to bring healing and caring help to children who have experienced adversity, early harm, toxic stress, and/or trauma.

28th Finding Clarity to Navigate Multicultural Environments
Learn about the transformative process of becoming more adept in cross-cultural situations.

29th Managing Stress
Learn tips and tools to help deal with everyday stress.

Register here for any or all

