

Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

*Suicide Identification and Intervention (QPR--Question, Persuade, and Refer)**

Presented by NAMI-Minnesota (www.namimn.org)

7-8:30 p.m.

Nov. 28

District Center

(4855 Bloom Avenue, WBL)

***Note for WBLAS staff--This will meet MDE's hour suicide prevention training requirement for license renewals**

UPCOMING EVENTS IN THE SERIES

Dec. 13 (7-8:30 p.m. at DC Community Room 112)
Make it OK by Nancy Krocak, WBLAS Educator

Jan. 15 (7-8:30 p.m. at North Campus Theater)
Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home by Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear Lake

Feb. 19 (7-8:30 p.m. at North Campus Theater)
The Fallacy of Perfect Parenting by FRrē Family Recovery Resource Experts, St. Paul, MN

March 19 (7-8:30 p.m. at North Campus Theater)
ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS

April 16 (7-8:30 p.m. at North Campus Theater)
Healthy Teens and Safety by Ramsey County Public Health

May 21 (7-8:30 p.m. at North Campus Theater)
Finding Self-Control: Responses to Children's Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by
White Bear Lake Area Schools
Student Support Services Department.



[/isd624](https://www.facebook.com/isd624)

www.isd624.org