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## Educational Opportunities

\*Limited to the first 100 people.

**Topic:** Just Keep Swimming: Resiliency Skills for Parents

**Date:** Tuesday, May 12, 2020

**Time:** 6pm

**Description:** Being a parent is one of the most difficult jobs there is under “normal” circumstances, let alone during a global pandemic. Join us to learn, develop, and sharpen skills that can help make this stress time easier.

**Presenter:** Hiawatha Valley Mental Health Center: Kate Meyer, BA; Jada Hermann, BS

**Link:** <https://bit.ly/35jOQPH>

**Topic:** Stress and Isolation

**Date:** Wednesday, May 13, 2020

**Time:** 11:30am-12:30pm

**Description:** This forum will focus on how stress and isolation are affecting people. How people are managing the COVID – 19 crisis? How does stress and isolation manifest itself across the ages: youth, adults and seniors. This forum will present a personal story of a business owner launching and starting a business only to be hit with an economic down turn. The Panel will be made up of experts working with families, individual, school children and their families. The Panel will also focus on what things people can do for self-help.

**Presenter:** Rochester Nonprofit Consortium speakers

**Link:** <https://us02web.zoom.us/j/81702118362>

**Topic:** It’s all about the Bounce: Fostering Resilience in Teens

**Date:** Wednesday, May 13, 2020

**Time:** 6pm

**Description:** Learn about tips and tools to promote the “bounce” back from adversity and beyond. Promoting resilience in youth and teens.

**Presenter:** Hiawatha Valley Mental Health Center: Angela Mensink, MS, LPCC

**Link:** <https://bit.ly/2KOyK5k>

**Topic:** Resiliency and Mental Health: Adults Thriving in Challenging Times

**Date:** Thursday, May 14, 2020

**Time:** 6pm

**Description:** Promoting resilience in adults including self-awareness, focused attention, physical and mental considerations and skills as well as the importance of social connection.

**Presenter:** Hiawatha Valley Mental Health Center: Bryan Delvin, MS, LP; Veronica Ives-Virnig, MS, LPCC, NCC

**Link:** <https://bit.ly/35kToUo>

**Topic:** Gratitude for Mental Health and Resilience

**Date:** Monday, May 18, 2020

**Time:** 1-1:30pm

**Description:** Learn simple gratitude practices that can help you improve your mental health, reduce anxiety and bolster resilience. This class will show you some simple but effective strategies for re-setting your anxious brain to focus on the positive even during this tough time.

**Presenter:** Russ Turner, People Incorporated

**Registration Link:** [https://us02web.zoom.us/webinar/register/WN\\_WQ9EaCq4QGqdHL75PTgl8Q](https://us02web.zoom.us/webinar/register/WN_WQ9EaCq4QGqdHL75PTgl8Q)

**Topic:** Serious Mental Illness and Crisis Management

**Date:** Wednesday, May 20, 2020

**Time:** 11:30am-12:30pm

**Description:** This forum will focus on serious mental illness, crisis management and how to recognize when someone needs more help. There will be a personal story of someone who has gone through a serious mental illness. The panel will discuss signs, symptoms, treatment and the journey to wellness.

**Presenter:** Rochester Nonprofit Consortium speakers

**Link:** <https://us02web.zoom.us/j/81702118362>

**Topic:** Building Strong, Lasting Connections in our Multi-faceted Lives

**Date:** Thursday, May 21, 2020

**Time:** 1-1:30pm

**Description:** Relationships are inter-twined within one another and within our environments. How do we support and foster that connection when we are all so different? Let's discuss the different personality types of people we work with, interact with, and how to continue to cultivate and foster that relationship.

**Presenter:** Brittany Vega, MSW, LGSW, Zumbro Valley Health Center

**Registration Link:** [https://us02web.zoom.us/webinar/register/WN\\_2IM3la-UTYC7F09Eu3sLHA](https://us02web.zoom.us/webinar/register/WN_2IM3la-UTYC7F09Eu3sLHA)

**Topic:** LGBTQAI+ Mental Health: Building a Strong Client Relationship

**Date:** Tuesday, May 26, 2020

**Time:** 12-12:30pm

**Description:** This forum will focus on building knowledge about individuals identifying within the LGBTQAI+ community, including gender identities. Will also focus on ideas of how to strengthen the client/professional relationship with understanding and compassion.

**Presenter:** Kate Perry, MS, Family Service Rochester

**Registration Link:** [https://us02web.zoom.us/webinar/register/WN\\_TeCNNPJXRC2yEQZXjKyN2g](https://us02web.zoom.us/webinar/register/WN_TeCNNPJXRC2yEQZXjKyN2g)

\*For Providers

**Topic:** Anxiety and Depression

**Date:** Wednesday, May 27, 2020

**Time:** 11:30am-12:30pm

**Description:** This forum will focus on signs and symptoms anxiety and depression. People will share their personal stories on how anxiety and depression impacted their life and what the path to wellness looks like. The Panel will be made up of people with a lived experience, county representatives, psychiatrist and advocacy.

**Presenter:** Rochester Nonprofit Consortium speakers

**Link:** <https://us02web.zoom.us/j/81702118362>

**Topic:** Maintaining Emotional Well-Being in Trying Times

**Date:** Wednesday, May 27, 2020

**Time:** 1-1:30pm

**Description:** Life is sometimes difficult enough just the way it has always been. Now, we have the added anxieties and uncertainties of all things COVID-19. This presentation will build on the framework of “Be Aware, Be Prepared, Make A Difference” and will touch on the notion of well-being and resilience during these times. Some basic strategies for keeping ourselves calm and focused will be discussed.

**Presenter:** Alan O’Malley-Laursen

**Registration Link:** [https://us02web.zoom.us/webinar/register/WN\\_Zzh6R3xeQQyiPTqGAKAX6Q](https://us02web.zoom.us/webinar/register/WN_Zzh6R3xeQQyiPTqGAKAX6Q)

**Topic:** Suicide Prevention Training

**Date:** Friday, May 29, 2020

**Time:** 11:30am-1pm

**Description:** A Suicide Prevention Training that focuses on asking the question of the individual thinking about suicide, persuading them to get help and referring them to mental health services. This Q.P.R. training is evidenced based.

**Presenter:** Anita Otterness, Learning and Development Coordinator, NAMI Southeast Minnesota

**Registration Link:** <https://us02web.zoom.us/meeting/register/tZ0rde2grTIsGN2ylrvu0xHTF4L3tEaraWzJ>

\*Limited to 20 people.

**In partnership with:** CREST Regional Adult Mental Health Initiative, Family Service Rochester, Hiawatha Valley Mental Health Center, NAMI Southeast Minnesota, Olmsted County, People Incorporated, Rochester Nonprofit Consortium, Solomon’s Song and Zumbro Valley Health Center

## Support:

Support is also available. Call 507-287-1692 or check out [www.namismn.org](http://www.namismn.org) for details on Support Groups and Peer Support Specialists.

