

September 2021 Mental Health VIRTUAL SERIES

**NEVER
UNDERESTIMATE
THE
INVESTMENT
YOU MAKE
IN
YOURSELF**

**Click here to
register**



Session Schedule

**Sept
9**

Thursday #1

Dealing with Depression: From Darkness into the Light – The history of depression, physical, behavioral, psychological signs and risk factors, and coping strategies.

**Sept
16**

Thursday #2

Somewhere Over the Rainbow, In Search of Health, Humor and Happiness – Learn how humor, laughter and positive attitude can have a healing effect on mental wellness.

**Sept
23**

Thursday #3

Rockin, Rollin and Strollin: Taking the Next Step to Wellness – Exploring new ways to get more joyous movement into your life.

**Sept
30**

Thursday #4

Suicide Awareness – How to ask the difficult questions about suicide and explore alternative treatments in prevention.

myStrength

Register to join us each day at 1:30 pm for an hour wellness session featuring the MyStrength App!

After registering, you will receive a confirmation email containing information about joining the meeting.

If you have any questions regarding these sessions, contact Cynthia Petersen at cindy.petersen@nlcmh.org or by dialing **231-935-3099**