

FREE TRAINING

Grieving During the Holidays

By: Roxann Storms, MSW, LICSW, FT

Date: Thursday, December 1, 2016 **Time:** 6:00pm – 7:30pm

Location: Benton County Board Room
531 Dewey Street, Foley, MN 56329

(Parking is available in parking lot on north side of the building off of 6th Ave.; door is labeled “Board Room”)

Please join us for this training! It is intended for those living with mental health issues, providers, family members, and community members.

We're told its "The Most Wonderful Time Of The Year" and we should be "Merry and Bright". But the holidays can be a particularly difficult time for those experiencing sudden or on-going loss, be it from a death, divorce, family conflict or division, or living with our own or a loved one's physical or mental illness. Being able to identify the array of feelings that can arise, finding healthy outlets, and gaining some perspective in our own and others' expectations, the holiday season can take on a different meaning and bring peace and well-being.

Participants Will:

- Learn ways to navigate those “Fa-la-la” expectations of a Norman Rockwell holiday experience.
- Share what has worked for them.

RSVP to CAMHI@co.benton.mn.us is appreciated as seating is limited.

A Certificate of Attendance will be provided for CEUs

Training is presented by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.