

FREE TRAINING

ANXIETY ACROSS THE SPECTRUM:

From Helpful to Damaging & Finding Ways to Cope

Presented By: Rebekah Brandvold, MA, LMFT

Rebekah is the Clinical Supervisor and a Licensed Marriage and Family Therapist at Bridging Hope Counseling in Rogers, Minnesota. She is an Eye Movement Desensitization and Reprocessing (EMDR)/trauma trained therapist and has worked with clients who have anxiety for many years.

Date: Tuesday, November 27, 2018 **Time:** 1:00pm – 2:30pm

Location: Monticello Community Center - Bridge Room
505 Walnut Street
Monticello, MN 55362

Participants Will:

- Learn the purpose of anxiety;
- Learn when anxiety is useful;
- Learn when anxiety is damaging;
- Learn some coping techniques for anxiety.

Seating is limited, please RSVP by emailing CAMHI@co.benton.mn.us.

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work

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

Training is brought to you 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.