

**FREE TRAINING**

**Getting**

**Through the Holidays**

**Presenter: Roxann Storms, MSW, LICSW, FT**

**Date: Wednesday, November 15, 2017 Time: 3:00pm – 4:30pm**

**Location: Great River Regional Library- Mississippi Community Room  
1300 West St. Germain ST., St. Cloud, MN 56301**

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.

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

RSVP to [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) is appreciated as seating is limited.

*Board of Social Work CEU's will be provided*

Training is brought to you by:



**Adult Mental Health Initiative**

*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.