

FREE TRAINING

Gray Matters: Understanding Depression & Anxiety in Older Adults

By: Kay King

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Date: Thursday, February 21, 2019 **Time:** 10:00am-12:00pm

Location: Stearns County Service Center, Room 121E
3301 Co Rd 138, Waite Park, MN 56387

Training Goals & Objectives:

- Understanding symptoms and risk factors of depression and anxiety disorders in older adults
- Learning the different types of anxiety disorders
- Understanding treatment and management
- Learning the warning signs of suicide
- Learning about resources to support older adults living with depression and anxiety

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

Seating is limited, so 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

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.