

TAKE WHAT SERVES. LEAVE THE REST.

A CONVERSATION ABOUT MENTAL HEALTH

[REGISTRATION](#)



MAY 23, 2024

1-2:30PM

Monticello Community Center
Mississippi Room

505 Walnut St., Monticello, MN 55632

This event is FREE but advance registration is required. Please use the "REGISTRATION" link above or the QR code below.



BRYAN PIATT

Bryan is a mental health therapist, specializing in supporting people maneuvering symptoms of obsessive-compulsive disorder (OCD) and anxiety. He is a former news anchor and reporter at KARE 11, and currently the host of the "Take What Serves. Leave the Rest" podcast - which is aimed at creating a safe space to talk about mental health.

Bryan started struggling with anxiety in middle school, and it followed him into a broadcast journalism career. Now, he's sharing his story with anxiety & OCD in hopes of bringing more people into the conversation. Bryan offers insight, wisdom and comfort for others maneuvering their mental health. Take what serves you, and leave the rest.

Attendees will learn:

- How OCD manifests for some people.
- Breathwork techniques to calm and ground the nervous system.
- Concepts related to Acceptance & Commitment Therapy to help people create space for anxiety, and invite it "along for the ride" in their life.

A Certificate of Attendance will be provided for CEUs

This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

Training is brought to you by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns & Wright Counties
www.mnmentalhealth.org

