

FREE TRAINING

Let Go & Get Over It

By: David Faust

David Faust, President and Founder of Stonehouse Resources, has been training and consulting with companies and individuals since 1977. He has over three decades of experience as a platform, keynote, and motivational speaker as well as life coach and transformational instructor. David has also been a professional outdoorsman as well as the host and producer of a daily talk-radio show and three daily syndicated radio programs.

Date: Monday, June 19, 2017 **Time:** 1:00pm-3:00pm

Location: Great River Regional Library- Bremer Community Room #104
1300 West St. Germain Street
St. Cloud, MN 56301

In this session, participants will learn skills that will enable them to defuse and eliminate negative emotions to become free from unwanted and uncomfortable feelings, and learn a technique to control emotions and feelings in the moment, on the spot.

Objectives:

- Understand the process by which we choose and create feelings.
- Identify the three ways people typically handle negative unwanted emotions and feelings that create unproductive results.
- Know how to release or let go of negative or unwanted emotions in the moment
- Leave with a simple but powerful tool to help eliminate fears, phobias, anxieties, bad habits, cravings and past emotional trauma.

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

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

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