



# **Adult Mental Health Initiative**

*Benton, Sherburne, Stearns, Wright Counties*

## **Presents Another Free Training:**

**Date:** Monday, November 7, 2016    **Time:** 2:00- 3:30pm

**Location:** Stearns County Service Center

Room 121 C/D/E

3301 County Road 138, Waite Park MN 56387

# **How to Beat the Holiday Blues**

**By: Nick Johnston, BS, MSSW, Ph.D.**

## **Participants will:**

- The training will include research on the causes of holiday blues and suggestions on how to overcome them.

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

Please share this flyer with others who may be interested in this training. Trainings are intended to benefit helping individuals diagnosed with a mental illness, families, and helping professionals.

**A Certificate of Attendance will be provided for CEU's**

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