#TOOLS4RESILIENCE

Lunchtime Virtual Education Series
Mental Health Awareness Month

MAY 2023 | 12-1 PM

4th **Letting go of the heavy backpack: working through difficult situations.**
Learn how to communicate in a positive way to help others. Learn techniques how to handle situations where people might become angry, or behaviors escalate.

9th **Navigating conflict resolution.**
Skills and tips to practice to positively and constructively communicate with people in your work or personal life.

11th **A DOSE of life.**
Increase and balance your happy hormones to become more resilient by taking control and living your life!

16th **Developing cultural intelligence.**
Gain an inside view of individual bias to increase understanding and for personal development.

18th **Strong foundation, bright futures: building a healthy tomorrow.**
An overview of the parent-infant relationship and its impact on mental health, wellbeing, and resiliency.

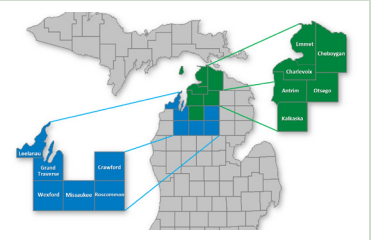
23th **Trying to keep yourself safe online.**
A roundtable discussion on ways to thwart common techniques scammers use to steal our financial and personal data.

25th **Health is our wealth.**
Choices to holistically integrate your physical and mental health in order to achieve optimal health. Techniques to advocate for yourself with a primary care provider, food as medicine, and more!

Register here for any or all →

FEATURING myStrength

MyStrength Code:
NLCMHcommunity



MyStrength Code:
NCCMHcomm

Northern Lakes
COMMUNITY MENTAL HEALTH AUTHORITY

North Country
Community Mental Health