

SAVE THE DATE

Upcoming Mental Health Monday Events

2021/2022 Speaker Series
"Hope, Healing and Growth"

NOVEMBER 8, 2021

"Just When You Thought the Storm Was Over"

Featuring Rev. Sarah Ciavarri,
M.Div., BCC, PCC, CDTL-F
Via Zoom

JANUARY 10, 2022

"Learning the basics of the Enneagram"

Featuring Rev. Holly Johnson,
Spirit Garage
@ Bethlehem Lutheran Church
Twin Cities

FEBRUARY 14, 2022

"Strengthening Caregivers' Resilience Amidst a Loved One's Mental Illness "

Featuring Jeff Zuckerman, MSW,
MA, author and editor
@ St. Joan of Arc Catholic
Community

MARCH 14, 2022

"Adverse Childhood Experiences"

Featuring Ann Ellison, Interfaith Health, MHealth Fairview, Community Advancement
@ Bethlehem Lutheran Church
Twin Cities

APRIL 11, 2022

"Hope on Purpose"

Featuring Jode Freyholtz-London Founder and Executive Director of Wellness in the Woods
@ St. Joan of Arc Catholic
Community

MAY 9, 2022

To Be Announced

Featuring Joe Davis, Artist, Educator and Speaker
@ Bethlehem Lutheran Church
Twin Cities

JUNE 13, 2022

"The Power of Nature: Forest Bathing"

Featuring Charlson Meadows
@ Bethlehem Lutheran Church
Twin Cities

To get on the Speaker Series email list, contact them at taketime4mentaihealth@gmail.com.