



## Community Mental Health Series at Christ Lutheran Church

The global pandemic made many physically ill, but almost everyone has been impacted by the upheaval of daily life. The stress of change and conflict has never been more widely felt. Professionals and agencies in our community will present a series of events to empower community members to care for themselves and each other.

The evening lectures will be available in a hybrid format –either in-person or on-line. The Mental Health First Aid Training requires both on-line and in-person participation. All events are free and open to the public, but registration is required at [www.christlc.org](http://www.christlc.org). In-person events will follow Covid-19 masking protocols.

**Thursday September 30<sup>th</sup>**

**7 pm**



### **“Substance Abuse and Recovery”**

Join us for an evening of substance abuse prevention education, and learn about recovery from Ryan Schweiger. As a person in long-term recovery, Ryan is dual certified as a Certified Peer Specialist (CPS) and a Certified Recovery Specialist (CRS). He is also a Certified Psychiatric Rehabilitation Practitioner (CPRP) and serves as Community Liaison Specialist at St. Luke’s Penn Foundation

**Saturday October 2<sup>nd</sup>**

**8:30 am – 3:30 pm**



### **Mental Health First Aid Training**

Learn what to do when those around you need help. This certification training includes 2 hours of online, self-paced pre-work prior to the in-person training on October 2<sup>nd</sup>. Coffee and Lunch are provided. **Separate registration is required by September 20<sup>th</sup>** at [www.fivecountymh.org](http://www.fivecountymh.org)

**Thursday October 14<sup>th</sup>**

**7pm**



### **Mental Wellness**

Abby Grasso M.S.W. is the executive director of the Montgomery County chapter of NAMI – National Alliance on Mental Illness. With 20 years of experience in the mental health arena, she brings a wealth of resources for promoting wellness under stress that she is ready to share.

**Thursday October 21<sup>st</sup>**

**7pm**



### **COVID-19 Parenting Guide**

In this presentation Lois Dodson, BA, M Ed, a community leader in pediatric mental health, will discuss important tips for parenting, managing your own anxiety, and the importance of being a role model for your children. She will offer suggestions for helping your children manage anxiety, and helpful strategies for communicating effectively with your child, whether about the COVID situation, or about any other issue.

*This series has been underwritten by a generous grant in memory of Pat DiNenno – A true health champion*