

# Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

## *Make it OK*

Presented by *Nancy Krocak, WBLAS Educator*  
([www.makeitok.org](http://www.makeitok.org))

**7-8:30 p.m.**

**Dec. 13**

***District Center, Community Room 112***  
***(4855 Bloom Avenue, WBL)***

**“Stopping the stigma of mental illness and  
allowing the conversation and healing to begin”**

## UPCOMING EVENTS IN THE SERIES:

**Jan. 15** (7-8:30 p.m. at North Campus Theater)  
Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home by Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear Lake

**Feb. 19** (7-8:30 p.m. at North Campus Theater)  
The Fallacy of Perfect Parenting by FRrē Family Recovery Resource Experts, St. Paul, MN

**March 19** (7-8:30 p.m. at North Campus Theater)  
ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS

**April 16** (7-8:30 p.m. at North Campus Theater)  
Healthy Teens and Safety by Ramsey County Public Health

**May 21** (7-8:30 p.m. at North Campus Theater)  
Finding Self-Control: Responses to Children’s Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by  
White Bear Lake Area Schools  
Student Support Services Department.



[www.isd624.org](http://www.isd624.org)