

# Monthly Staff and Community Mental Well-Being Series

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

## *Know the Truth*

Presented by *MN Adult and Teen Challenge*

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

**Oct. 24**

***District Center Auditorium***

### **Description of the Program:**

The 2010 Minnesota Student Survey found that 75% of the students who participated in the study received most of their information about drugs and alcohol from their friends. By becoming informed and learning to talk to your children, you can be sure that the information that they are getting is correct.

## UPCOMING EVENTS IN THE SERIES

**Oct. 24** (7-8:30 p.m. at DC Auditorium)  
Know the Truth by MN Adult and Teen Challenge

**Nov. 28** (7-8:30 p.m. at DC Auditorium)  
Suicide Identification and Intervention (QPR--Question, Persuade, and Refer) by NAMI-MN

**Dec. 13** (7-8:30 p.m. at DC Community Room 112)  
Make it OK by Nancy Krocak, WBLAS Educator

**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)