

Community Education Service



Improving emotional health and well being

A Pocket Guide to Supporting Young Adults with Mental Health Concerns

Presenter: Cindy Gerdes, MN, President of Lifeboat Family Skills & Peer Facilitator

In this session participants will be introduced to six guiding principles that provide a new perspective on situations arising with their loved ones and create more options for responding effectively.

**Register
HERE**

**November 7, 2023
6:30 PM**



LIFEBOAT FAMILY SKILLS
WORRY LESS. CREATE CALM. FIND HOPE



kickstand