

SPEAKER



TAKE TIME FOR
MENTAL HEALTH

SERIES

2021-2022 Theme: HOPE, HEALING & GROWTH

Take Time for Mental Health Speaker Series is a collaborative ministry between Bethlehem Lutheran Church Twin Cities and St. Joan of Arc Catholic Community, free and open to the public. It is designed to provide support for all people in our wider community - individuals living with mental illness, their families, friends, and those working in the mental health field. We do this by providing resources, education and social interaction, while emphasizing a holistic approach to the body - mind - spirit connection. Join us the second Monday of most months, 6:30-8:00PM

Join Zoom Meeting <https://us06web.zoom.us/j/99618713275> Meeting ID: 996 1871 3275



SEPTEMBER 13, 2021 **"Stories of Hope—How did you see the need and intervene?"** **via Zoom**

Featuring a panel of non-profit leaders including, Cathy Heyerling (Founder and Executive Director, Lift Garage) and George Broostin (Senior Philanthropy Officer, Guild)

Local non-profits will share their stories of hope and how they have responded to the needs of the community.



OCTOBER 11, 2021 **"75 Years of Mental Health Advocacy"** **via Zoom**

Featuring Mindy Greiling, Author and Former State Legislator and Susan Bartlett, Author

Join Mindy and Susan as they share stories that build empathy for persons with mental illness and their families and how important advocacy is in the mental health journey.



NOVEMBER 8, 2021 **"Just When You Thought the Storm Was Over"** **via Zoom**

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

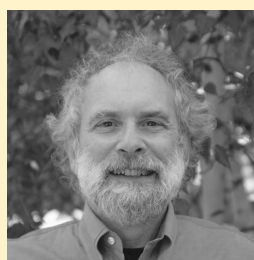
Develop coping strategies for self-calming in prolonged stress. Explore and gain understanding on what self-compassion is and its power to help us be resilient. Practice self-compassion techniques.



JANUARY 10, 2022 **"Learning the basics of the Enneagram"** **@BLCTC**

Featuring Rev. Holly Johnson, Spirit Garage

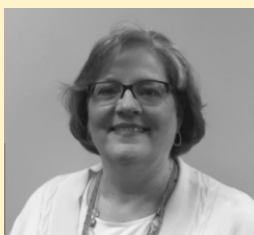
In this session you will learn what the enneagram is, Learn about the motivations of yourself and others, create curiosity about finding your type, and those nearest to you.



FEBRUARY 14, 2022 **"Strengthening Caregivers' Resilience Amidst a Loved One's Mental Illness "** **@SJA**

Featuring Jeff Zuckerman, MSW, MA, author and editor

Jeff will share his story, how a husband strengthened his resilience when confronted with chaos, despair and ambiguous loss during a loved one's late-onset bipolar disorder. Together we will explore how mental health stigma and discrimination can be reduced through humor, candor education and courage. We will reinterpret hope in a way that strengthens love and benefits caregivers' own well-being and faith. His 2020 memoir, Unglued: A Bipolar Love Story, was a 2021 Minnesota Book Award finalist and won a silver medal from the Foreword Reviews Indie Book of the Year.



MARCH 14, 2022 **"Adverse Childhood Experiences"** **@BLCTC**

Featuring Ann Ellison, Interfaith Health, MHealth Fairview, Community Advancement



APRIL 11, 2022 **"Hope on Purpose"** **@SJA**

Featuring Jode Freyholtz-London Founder and Executive Director of Wellness in the Woods

Discover the Key Concepts of WRAP, learn the importance of peer support and identify two or more free support systems in Minnesota.



MAY 9, 2022 **TBA** **@BLCTC**

Featuring Joe Davis, Artist, Educator and Speaker

Joe Davis is a nationally touring writer, speaker, and performer based in Minneapolis, MN. He is the frontman of emerging soul, funk, and spoken word ensemble, The Poetic Diaspora, and the co-founder and Artistic Director of H-Cubed: Harrison, Healing, and Harmony

JUNE 13, 2022 **"The Power of Nature: Forest Bathing"** **@BLCTC**

Featuring Charlson Meadows

Join Charlson Meadows staff in learning about nature and it's impact on mental health and wellness. Take away concrete steps and learn how to breathe in the healing power of nature.



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