Mental Health Speaker Series

Connections is hosting six weeks of dinner and mental health education courses free of cost for community members! Learn about important behavioral health issues in our community and how you can help yourself and others cope with these issues.

Thursday evenings, 5:30-6:30 p.m.
Health District – 120 Bristlecone Dr., Fort Collins

3/12: Chronic Pain
Learn about the fascinating ways the mind and body can work together to help heal chronic pain and illness.
Presenter: Vickie Gerber, LPC, CACII, ADS

3/26: Intimate Partner Abuse
Learn about the cycle of violence in intimate partner relationships and how you can help yourself or a loved one out of harm’s way.
Presenter: Cyndy Rehberg, LPC

4/2: Female Sexuality and Wellbeing
Learn about female sexual health and pleasure by exploring its complexities. Discussion will include how to shift away from shame to embodiment and empowerment.
Presenter: Dori Lewis, Ed.M, LPC

4/9: Substance Use - Alcohol
Learn about the risks of alcohol use, the social construction of recovery and harm reduction, and how misinformation and language influence society’s perceptions.
Presenter: Danielle Willis, LCSW, LAC

4/16: Grief and Loss
Explore expected responses to loss and how you can help yourself or someone you care for through the grief process. Learn about factors that impact our grief experiences and healthy ways of coping.
Presenters: Tammy Brennan-Smith, LCSW & Danielle Rifkin, LPC

4/23: Anxiety
Learn how to identify signs and symptoms of anxiety, increase awareness of how it impacts the functioning of the brain and the body, and gain helpful tips for responding to anxiety in healthy ways.
Presenter: John G. Rowe, LCSW

For more information or to register, contact Emily Leetham at eleetham@healthdistrict.org or by phone at 970-530-2883.
Visit: www.mentalhealthconnections.org