

# Certificate of Attendance

## TWIN CITIES JEWISH COMMUNITY 23<sup>rd</sup> ANNUAL MENTAL HEALTH EDUCATION CONFERENCE

The Annual Mental Health Education Conference is a collaborative program of Jewish Family and Children's Service of Minneapolis and Jewish Family Service of St. Paul.

Sunday, October 22, 2023

9 a.m. – 3 p.m. (4 contact hours)

Breakout sessions (60 minutes per session)

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|---|---|
| <input type="checkbox"/> How Helpful are You Really?: Effectively Helping Youth with Their Mental Health  | <input type="checkbox"/> For The Love of Sleep: How to Invite Deep Rest   |
| <input type="checkbox"/> Navigating Complex Healthcare Systems  | <input type="checkbox"/> Creating Inclusive Spaces for LGBTQ+ Youth   |
| <input type="checkbox"/> "Ask the Psychologist" Q&A session   | <input type="checkbox"/> Mental Health and Aging: The Impact of Social Isolation                                      |
| <input type="checkbox"/> Mental Health 101  | <input type="checkbox"/> Teen Girls and Mental Health: The Why Behind the Crisis and How to Respond                   |
| <input type="checkbox"/> The Spiritual Care Component of Mental Health  | <input type="checkbox"/> Guardianship and Conservatorship: How to Help a Loved One Go Through the Process—or Avoid It |
| <input type="checkbox"/> Harm Reduction 101: Teen Addiction and Where Harm Reduction Fits   | <input type="checkbox"/> Learning About Crisis Intervention   |
| <input type="checkbox"/> Community-based Approaches to Increase Safety and Socio-Emotional Resilience in K-12 Settings: A Courageous Conversation | <input type="checkbox"/> Grief: A Spectrum of Loss and a Variety of Ways to Get Through                               |
| <input type="checkbox"/> Move a Muscle, Change a Thought  |   |



Conference Official

Attendee

10/22/23

Date