

Certificate of Attendance

TWIN CITIES JEWISH COMMUNITY 24th 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 20, 2024

9 a.m. – 3 p.m. (4 contact hours)

Breakout sessions (60 minutes per session)

- Setting boundaries and finding balance
- ADHD unveiled: What we know now in the journey of a lifetime
- Building Minnesota's mental health system: 2024 legislative session
- The interaction between youth and the internet
- Tending to spirit, healing the soul
- Early warning signs of mental illness in youth
- Speak up and speak out: Reflections of love and loss
- Empowered parenting: 3 essential skills for calming big emotions and challenging behaviors
- Grief: A spectrum of loss and a variety of ways to get through it
- Political polarization: Why is it so toxic and what are we going to do about it?
- Mental Health and Aging: The Impact of Social Isolation
- Ecotherapy and connecting with nature to help improve mood, health, and wellness
- The heart of inner-connection: How to break free from loneliness and feel connected
- Overdose response training: Identify and reverse an opioid overdose



Conference Official

Attendee

10/20/24

Date