

Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

Suicide the Preventable Death

Presented by *Tony Del Percio, Bradshaw Funeral and Cremation Services*

7-8:30 p.m.

Sept. 26

District Center - Community Room 112

Description of the Program:

This important and possibly life-saving seminar will provide an overview of the alarming increase in suicides in our country and state. We will explore various causes that can lead to suicide, identify warning signs and how to respond when we think someone might be thinking of ending their life. With main focus on prevention, intervention, and postvention. Director of the Bradshaw Grief Resource Center for Bradshaw Funeral Homes Tony Del Percio has 34 years providing seminars and trainings in the area of Suicide Education and Prevention.

UPCOMING EVENTS IN THE SERIES

Oct. 10 (7-8:30 p.m. at DC Community Room 112)
Understanding Eating Disorders by Emily Program, Jillian Lampert, Ph.D., M.P.H., R.D., L.D., F.A.E.D.

Nov. 21 (7-8:30 p.m. at DC Community Room 112)
Adverse Childhood Experiences & Relational Trauma: What it is, how to identify it and how to heal from it by Family Resource Recovery Experts (FRrē)

Dec. 19 (7-8:30 p.m. at DC Community Room 112)
Mental Health Issues and How We Can Make a Difference by Certified Family Peer Specialist Michelle Uetz

Jan. 16 (7-8:30 p.m. at DC Community Room 112)
Sitting in Circle: How to Support the Middle School Girl You Love by Christina Nguyen, Dreaming Sky Coaching

Feb. 13 (6:30-8:30 p.m. at DC Community Room 112)
Know the Truth presentation by Minnesota Adult and Teen Challenge

March 19 (7-8:30 p.m. at DC Community Room 112)
Grief and Loss by Tony Del Percio with Bradshaw Funeral and Cremation Services

April 16 (7-8:30 p.m. at DC Community Room 112)
TBD

May 21 (7-8:30 p.m. at DC Community Room 112)
TBD



Series sponsored by
White Bear Lake Area Schools
Student Support Services Department.



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