

# Monthly Staff and Community Mental Well-Being Series

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

## *Adverse Childhood Experiences & Relational Trauma*

Presented by *Family Resource Recovery Experts (FRrē)*

**7-8:30 p.m.**

**Nov. 21**

***District Center - Community Room 112***

### **Description of the Program:**

In this interactive and engaging session, we will explore Adverse Childhood Experiences (ACEs) and how these less than nurturing experiences affect your life today through organic disease, social malfunction, behavioral issues and mental illness. You will learn the criteria in the ACE screening and also be able to identify different types of trauma such as “big T” and “little t” trauma, generational and historical trauma. We will provide tips on how to build healthy boundaries in relationships that will foster resiliency and growth.

## UPCOMING EVENTS IN THE SERIES

**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)  
Cell Phone use Awareness by Maree Hampton and KK  
Myers, LiveMore

**May 21** (7-8:30 p.m. at DC Community Room 112)  
The Impact of Technology on Emerging Generations by  
Jon D. Kirby, MA, LMFT



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



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