

Monthly Staff and Community Mental Well-Being Series

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

Mental Health Issues and How We Can Make a Difference

Presented by Certified Family Peer Specialist Michelle Uetz

7-8:30 p.m.

Dec. 19

District Center - Community Room 112

Description of the Program:

Michelle Uetz, a teacher and Certified Family Peer Specialist, will discuss mental illness from a personal, family member, parent, and teacher perspective. Michelle has life experience in each of these areas and will share her knowledge and experience with attendees. Michelle will discuss warning signs, stigma, how to help teens, when behavior is “normal teen behavior” and when it is something to be concerned about, how teachers can create mental health-friendly classrooms, how parents can advocate for their child, mental health resources, self-care, and suicide prevention.

UPCOMING EVENTS IN THE SERIES

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.



www.isd624.org