

KRISTI



HOUSE

Kristi House Education Presents...

PROJECT HeadSTRONG

Staying Tough, Resilient and Optimistic when life's Not Great.

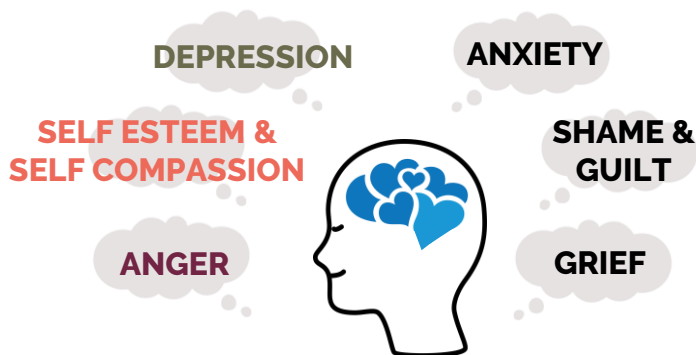
MENTAL WELL-BEING PROGRAMS

→ FOR PARENTS



[KristiHouse.org/
HeadSTRONG](https://kristihouse.org/HeadSTRONG)

Join Kristi House for **FREE** community programs to help you cope with the challenges life throws your way.



TOPICS COVERED INCLUDE:

- Recognizing signs and symptoms
- Relating mental health to different areas of life
 - Identifying healthy coping strategies
 - Challenging negative thinking patterns
- Practicing grounding and mindfulness techniques
- Identifying healthy habits to enhance well-being
- Developing assertive communication skills
 - Planning for ongoing support

Mindful Mondays with Kristi House! Join us virtually:

Sign up now for one or more sessions:

ANGER:

Session 1: Experiencing Anger
MAY 2

Session 2: Anger in Our Lives
MAY 9

Session 3: Facing Our Anger
MAY 16

Session 4: Managing Our Anger Constructively
MAY 23

[Register Here](#)

SELF-ESTEEM & SELF-COMPASSION:

Session 1: Self-Esteem and Self-Compassion
JULY 11

Session 2: Self-Esteem and Our Life Experience
JULY 18

Session 3: Facing Our Self-Esteem
JULY 25

Session 4: Building Blocks to a Better Self
AUGUST 1

[Register Here](#)

DEPRESSION:

Session 1: What is Depression?
OCTOBER 3

Session 2: Depression in My Life
OCTOBER 17

Session 3: Facing Depression
OCTOBER 24

Session 4: Managing Depression Effectively
OCTOBER 31

[Register Here](#)

When? Mondays, 12 pm – 2 pm

Where? Via Zoom

kristihouse.org/HeadSTRONG

Win a \$50 Gift Card! Two winners will be selected at random per topic for those who attend ALL four (4) sessions and complete ALL four (4) surveys. We welcome your attendance at individual sessions, but we encourage your participation in all four (4) to ensure the best learning outcomes.