

KRISTI



HOUSE

Kristi House Education Presents...

PROJECT HeadSTRONG

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

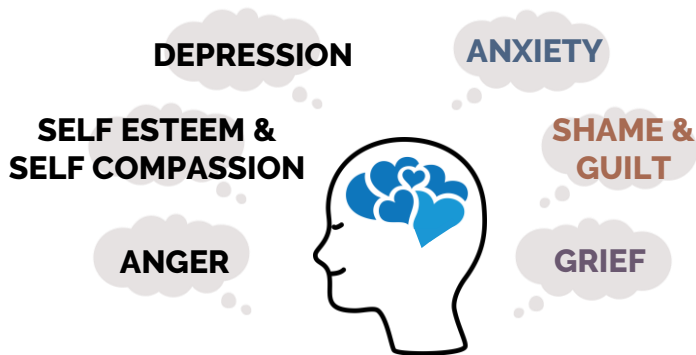
MENTAL WELL-BEING PROGRAMS

→ 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

Mental Health Mondays with Kristi House! Join us virtually:

Sign up now for one or more sessions:

ANXIETY:

Session 1: What is Anxiety?

JAN 9

Session 2: Anxiety in My Life

JAN 23

Session 3: Managing Anxiety

JAN 30

Session 4: Anxiety + Thinking

FEB 6

[Register Here](#)

GRIEF:

Session 1: Grief and Loss

MAR 6

Session 2: Experiencing Grief

MAR 13

Session 3: Grief: Our Thoughts and Beliefs

MAR 20

Session 4: Managing Grief

MAR 27

[Register Here](#)

SHAME & GUILT:

Session 1: Shame & Guilt

MAY 1

Session 2: Shame, Guilt, and Life Experience

MAY 8

Session 3: Facing Our Shame & Guilt

MAY 15

Session 4: Antidotes to Shame & Guilt

MAY 22

[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.