

Kristi House Education Presents...

PROJECT HeadSTRONG

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

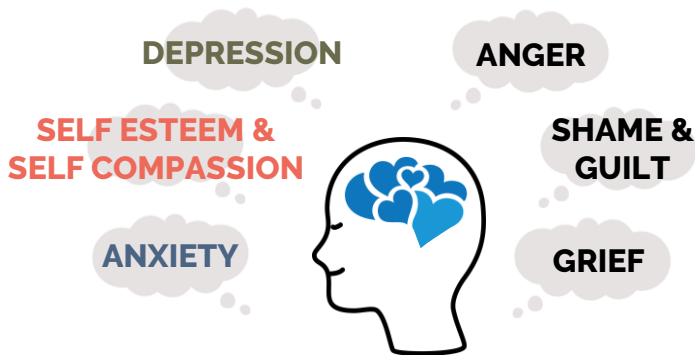
MENTAL WELL-BEING PROGRAMS

FOR ADULTS



[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?**
SEPTEMBER 11
- Session 2: Anxiety in My Life**
SEPTEMBER 18
- Session 3: Managing Anxiety**
SEPTEMBER 25
- Session 4: Anxiety + Thinking**
OCTOBER 2

[Register Here](#)

SELF-ESTEEM & SELF-COMPASSION:

- Session 1: Self-Esteem and Self-Compassion**
NOVEMBER 6
- Session 2: Self-Esteem and Our Life Experience**
NOVEMBER 13
- Session 3: Facing Our Self-Esteem**
NOVEMBER 20
- Session 4: Building Blocks to a Better Self**
NOVEMBER 27

[Register Here](#)

DEPRESSION:

- Session 1: What is Depression?**
NOVEMBER 29
- Session 2: Depression in my Life**
DECEMBER 4
- Session 3: Facing Depression**
DECEMBER 11
- Session 4: Managing Depression Effectively**
DECEMBER 18

[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.