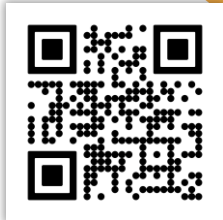


Kristi House Education Presents...



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

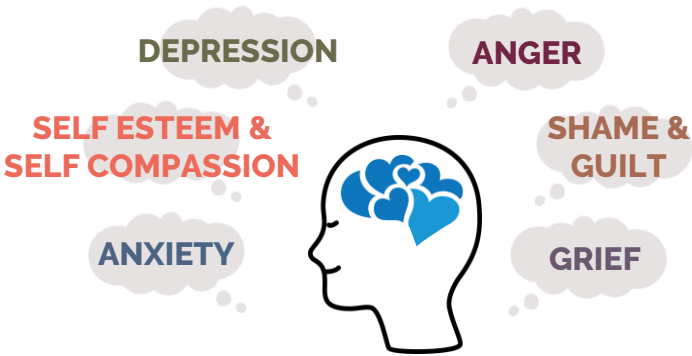
# PROJECT HeadSTRONG

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

## MENTAL WELLBEING PROGRAMS

→ FOR ADULTS

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:

#### DEPRESSION:

- Session 1: What is Depression?**  
FEBRUARY 5, 2024
- Session 2: Depression in my Life**  
FEBRUARY 12, 2024
- Session 3: Facing Depression**  
FEBRUARY 26, 2024
- Session 4: Managing Depression Effectively**  
MARCH 4, 2024

[Register Here](#)

#### ANGER:

- Sessions 1+2: Experiencing Anger, Anger in Our Lives**  
MAY 6, 2024
- Session 3: Facing Our Anger**  
MAY 13, 2024
- Session 4: Managing Our Anger Constructively**  
MAY 20, 2024

[Register Here](#)

**When?**  
Mondays  
12 pm – 2 pm

**Where?**  
Via Zoom

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