

Kristi House Education Presents...



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

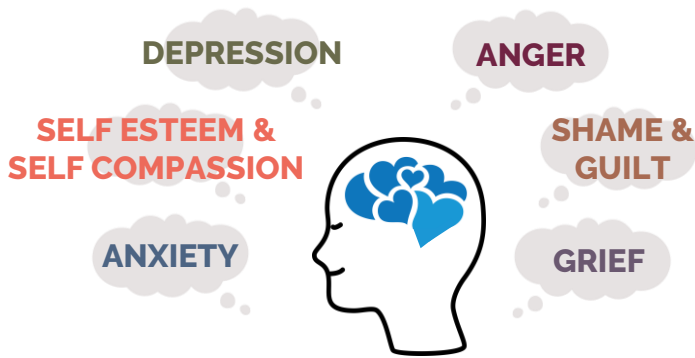
PROJECT HeadSTRONG

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:

SHAME & GUILT August 2024

Session 1: Shame & Guilt
AUGUST 5, 2024

Session 2: Shame, Guilt, and Life Experience, AUGUST 12, 2024

Session 3: Facing Our Shame & Guilt
AUGUST 19, 2024

Session 4: Antidotes to Shame & Guilt
AUGUST 26, 2024

[Register Here](#)

GRIEF September 2024

Session 1: Grief and Loss
SEPTEMBER 9, 2024

Session 2: Experiencing Grief
SEPTEMBER 16, 2024

Session 3: Grief: Our Thoughts and Beliefs, SEPTEMBER 23, 2024

Session 4: Managing Grief
SEPTEMBER 30, 2024

[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.