

# Mental Wellness Resource Night

## Free to attend!

We welcome you to tour our office, meet our fantastic staff and learn about mental health wellness!

### Main Session

#### 7:00 p.m. Understanding How Trauma Affects Children & Adolescents

Jean Holthaus, LMSW, LISW

Identify and discuss what traumatizes children and adolescents. We will examine the impact that trauma has on various domains of a child or adolescent's life and explore signs and symptoms of trauma while providing ways a concerned individual can intervene to provide safety and healing.

### Mini Informational Sessions

#### 6:00 p.m. Connecting With Your Kids

Allison Kisule, LMSW

There is not a one-size-fits-all solution to parenting child and adolescents today. This session will be an overview of strategies for adults to connect with the youth in their lives. We will discuss where to focus our energy as adults when it comes to electronics, chores, homework and expectations.

#### 6:15 p.m. Identifying Suicide Risk Factors

Jennifer Victor, LMSW, BCBA, CAADC

We're going to talk about a critical issue—suicide risk—and how we, as community members, can help support those who are struggling with mental health challenges. This session is meant to assist you in recognizing the signs of someone in crisis and how you can help them access support.

#### 6:30 p.m. What is Therapy?

Abby Phillips, LMSW

Education on the process of therapy: how to know when it's needed, how it can help and what the process might look like. Information to help debunk myths surrounding what happens and why.

#### 7:15 p.m. Tips & Tools for Managing Times of Distress

Katie Acker, LPC

This session will provide tools to assist you with managing difficult and intense emotions in times of distress so you can make wise and balanced decisions based on a healthy combination of emotion and logic.

### When

Wednesday, April 23rd, 6-8 p.m.

### Location

Pine Rest Caledonia Clinic  
6505 Cherry Meadow Dr SE  
Caledonia MI 49316  
616.891.8770

