



THE MENTAL HEALTH ASSOCIATION OF GREATER CHICAGO INVITES TEACHERS, PARENTS AND THE BUSINESS COMMUNITY TO THE 6 FOR 6 MENTAL HEALTH EDUCATIONAL BREAKFASTS



To register scan:



Whether you're a dedicated educator shaping young minds, a caring parent invested in your child's future, or a passionate business professional eager to give back to the community, your involvement is crucial.

Communications: The Bridge in Mental Health Dialogue
Thursday, September 24, 2024 8:00 - 9:30 a.m.

Location:
Venue 4343
4343 Diversey Ave.
Chicago, IL 60639



Commissioner Tara Stamps is a dedicated advocate for students, educators, and working-class families in Cook County. As the daughter of Civil Rights icon Marion Stamps, her appointment to the Cook County Board marks a new era of leadership. With roots as an educator, she prioritizes education and mental health, aiming to improve opportunities and support systems for those in need.



Kaysa Pelofske, a school psychologist with 20 years in Chicago Public Schools, enhances academic and social-emotional outcomes while advocating for equal access to resources. She has implemented community support and curriculum programs and is a Ted Smith Practitioner of the Year 2022 award winner. Kaysa holds an ISPA Supervisor Credential and is a nationally certified school psychologist involved with the Illinois School Psychology Association.

Emotional Intelligence: The Youth Advantage
Friday, October 11, 2024 8:00 - 9:30 a.m.



Erika Petrelli Bayh has over 30 years as a leadership trainer, advisor, author, and adjunct professor and has made a significant impact in emotional intelligence and leadership development. As Senior VP of Leadership Development at The Leadership Program, Erika has developed award-winning curricula recognized by CASEL, OJJDP, and SAMHSA, benefiting K-12 youth and professionals nationwide.

Effective communication is essential for navigating mental health issues with young people. Enhance your communication skills to facilitate open, honest, and supportive mental health conversations. Participants will receive actionable steps to establish a safe environment for mental health dialogues, employ empathetic listening, and engage in constructive conversations that can encourage seeking help and reduce stigma.

Explore the transformative role of emotional intelligence (EQ) in enhancing the personal, academic, and social success of young individuals. This session not only underscores the importance of EQ but, also equips participants with actionable steps to nurture emotional awareness, empathy, and effective emotional regulation in youth. Attendees will leave with a comprehensive strategy for fostering a foundation of resilience.

Resilience: Rising Above in a Rapidly Changing World
Friday, October 25, 2024 8:00- 9:30 a.m.



Nicole Van Baardwijk, a coach with a background in personal development, focuses on teaching teen resilience through progression and self-awareness. Her interactive coaching style emphasizes practical solutions and constructive feedback. Nicole also explores self-leadership and breaking negative patterns in her book, *The Power of Choice: A Journey to Resilience*, helping individuals build the skills to face personal and academic challenges with confidence.

Dive into the essence of resilience and its unparalleled importance in today's fast-paced and uncertain world. Participants will explore the components of resilience—adaptability, perseverance, and optimism—and receive practical steps to cultivate these qualities in young people. Learn how to empower teens to effectively navigate life's challenges, recover from setbacks, and thrive in the face of adversity.

Motivation: Igniting Minds amidst Mental Health Struggles
November 8, 2024 8:00 - 9:30 a.m.



Audrey Grunst, LCSW, owner of Simply Bee Counseling, specializes in motivating teens through mental wellness. Her practice offers individual and group therapy, workshops, and retreats that integrate nutrition, yoga, and movement with counseling. As a public speaker, Audrey addresses topics like anxiety, body image, and mindfulness, equipping educators and parents with tools to support teen development, motivation and mental health.

Learn how to effectively motivate youth facing mental health challenges, with a focus on fostering encouragement, understanding, and support. This presentation provides insights into the dynamics of motivation and its interplay with mental health. Attendees will be equipped with practical steps to inspire young individuals, helping them discover their interests, set and achieve goals, and maintain positivity through difficult periods.

Developmental Insights – Understanding the Adolescent Mind
November 22, 2024 8:00 - 9:30 a.m.



Dr. Terry Wu, an expert in neuroscience leadership training, helps educators and parents support teens by translating complex brain science into practical strategies. His workshops focus on leadership, stress management, and fostering group belonging, crucial for teens' emotional and social development. Dr. Wu equips leaders with tools to create inclusive environments that enhance educational outcomes and well-being.

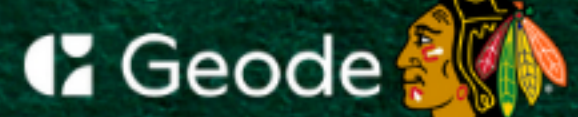
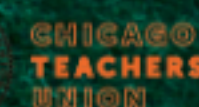
Unveil the complexities of adolescent brain development and its impact on behavior and mental health. Gain a deeper understanding of the changes occurring during adolescence and how they influence thoughts, feelings, and actions. Attendees will receive specific strategies to support teens through this critical phase, focusing on promoting healthy mental and emotional development.

Trauma-Informed Approaches, Guiding Youth Through Life's Storms
December 6, 2024 8:00 - 9:30 a.m.



Dr. La Keita Carter, a clinical psychologist with a Doctorate from Loyola University, MD, specializes in trauma focused in psychology, counseling, and substance abuse. A Certified Clinical Trauma Professional and Diplomate in Rape Trauma, she integrates her research and publications into her presentations, recognized for their depth and innovation. Her commitment to mental health extends through community education and leadership roles, including an APA Fellowship.

Learn the principles of trauma-informed care to support youth affected by trauma. This workshop emphasizes recognizing the signs of trauma, providing sensitive support, and creating environments that promote healing and recovery. Participants will be equipped with practical steps to apply trauma-informed practices, helping young people navigate traumatic experiences and build a resilient future.



Reserve your seat for 1 or all!
www.mentalhealthchicago.org