



#Stigma180

The presentations are coordinated by E. Carver Co. Schools Family School Coordinators Eric Dean and Samantha Lundgren.
Follow @Stigma180 on Twitter for updates!



Life with Autism: Autism 101

What is Autism? Learn the common characteristics and challenges associated with autism in order to build a foundation for interpreting communication and behavior for those on the autism spectrum. Presented by the Minnesota Autism Society

2613 Chanhassen High, Lecture Forum Free Wednesday, January 11

4:00 - 5:30 PM

Insights; Confronting and Challenging the Stigma of Mental Illness

Learn about the prevalence of stigma associated with mental illnesses, examples of stigma in the media, and how people commonly visualize, talk about, and think about people living with mental illnesses. Included is a five-minute personal story from the presenter about how their life has been touched by mental illness. Presenters provide specific actions that everyone can do to decrease stigma while increasing respect for people with mental illnesses. Led by NAMI Minnesota.

2629 Chanhassen High, Lecture Forum Free Thursday, January 12

4:00 - 5:00 PM



Calming Your Anxious Child

Do you have a child that worries? A child who is a perfectionist? A child with so much anxiety you start to feel anxious? Learn strategies for calming your child (and helping yourself feel some relief too) from local play therapist, Renee Carlson, MS, LPCC, RPT. Renee, owner of Grander Living LLC, has over a decade of experience in the mental health field working with local children, adolescents, adults and families. Led by Grander Living.

2609 Chanhassen High, Lecture Forum Free Thursday, February 2

6:00 - 7:30 PM

Supporting Angry Teens

Living and working with angry teens can be exhausting, frustrating, and at times frightening. Even when we ourselves are calm, it can be difficult to know what to say or do. The purpose of this presentation is to provide the audience with knowledge and skills to help them proactively act and effectively react. The presentation will include a discussion of where anger comes from and how it affects us, how we can help to reduce anger in others, how we can help calm angry situations, and how we ourselves can change our own behaviors to better meet the needs of those around us. Led by ECCS.

2627 Chaska High School, Blue Forum Free Wednesday, February 15

6:00 - 7:30 PM

Interventions that Stand the Test of Time

After more than 20 years of helping children and adolescents with attention, learning, and memory problems, this presentation reviews some of our clinic's best interventions for children and adolescents with ADHD, executive functioning difficulties, learning challenges, and a whole host of other issues that impact their ability to perform optimally. This collection of tried and true interventions can be helpful in improving attention and reducing distractibility, planning and organizing to get things done, and managing stress and anxiety. Fueling the brain with proper nutrition and getting enough exercise and sleep will also be discussed. Led by Chris Bedford, PhD from the Center for Attention, Learning and Memory

2608 Chanhassen High, Lecture Forum Free Wednesday, February 22

6:00 - 7:30 PM

**Eastern Carver
County Schools**

Exceptional, personalized learning

Please reserve your spot
in the presentations by
registering online at
www.ce4all.org or
calling 952.556.7200.



#Stigma180

Questions? Please contact Eric or Samantha.

952.556.6266 or 952.556.6174

Although the presentations are free, please register so we may plan accordingly.

Supporting Teens with Suicidal and Self Harm Behaviors and Urges

Some teens struggle with suicidal or self-harm urges. As a parent, caregiver, or educator - you want to help but it can be scary, overwhelming and sometimes hard to understand. Dr. Lane Pederson will speak on ways to respond and inventions that support teens experiencing these behaviors and urges. Dr. Pederson is a real world practitioner and the co-owner of Mental Health Systems, with four clinics in the metro area. He is also a published author and provided training and consultation to over 8000 professionals in the United States, Australia, Canada, and Mexico. Led by Mental Health Systems.

2633 Chaska High, Blue Forum

Free

Tuesday, March 7

6:00 - 7:30 PM



“In Our Own Voice”

In Our Own Voice is a unique public education program in which two trained speakers share compelling personal stories about living with mental illnesses and achieving recovery. IOOV includes video clips of other peoples' personal stories, as well as an opportunity for questions and answers with the presenters. There are five topics in the “In Our Own Voice” presentation: 1) Dark Days, 2) Acceptance, 3) Treatment, 4) Coping Skills, 5) Successes, Hopes, and Dreams. The NAMI In Our Own Voice presentation is a great reminder that there is always hope for recovery. Led by NAMI Minnesota.

2628 Chanhassen High, Lecture Forum

Free

Thursday, March 9

6:00 - 7:30 PM

Mental Health Concerns Among Cultural Minorities

As the number of US citizens identifying themselves as members of racial or cultural minority groups continues to rise, so too does their need to access quality and affordable mental health services. Current barriers to accessing such services include cost, stigma and quality of services available. Brandon Higgins, a current Ph.D. student at the University of Minnesota's School of Social Work will speak to some of these issues along with potential ways to navigate these systems in order to reduce such barriers. Led by University of Minnesota.

2631 Chanhassen High, Lecture Forum

Free

Tuesday, March 14

6:00 - 7:30 PM



Carver County Drug Abuse Awareness & Education

The Carver County Sheriff's Office and a panel of experts from various disciplines present and answer questions regarding substance and drug use and abuse. Specific discussion points will include: Carver County Sheriff's Office Drug Take Back Program and disposal location, Narcan, National and local drug trends, signs of drug use and abuse, local drug issues, prescription medication abuse and disposal. Questions and comments from the audience are encouraged. Led by Carver County Sheriff's Office.

2626 Chanhassen High, Lecture Forum

Free

Tuesday, April 11

6:00 - 8:00 PM



Exceptional, personalized learning

Nutrition and Mental Health

Growing research has indicated there's a connection that nutrients found in food support our emotional well-being. Learn simple diet, nutrition, supplement and lifestyle choices that can improve your mental health from local therapist, Renee Carlson, MS, LPCC, RPT. Renee, owner of Grander Living LLC, has over a decade of experience in the mental health field working with local children, adolescents, adults and families. Led by Grander Living.

2634 Chanhassen High, Lecture Forum

Free

Tuesday, April 18

6:00 - 7:30 PM

Please reserve your spot in the presentations by registering online at www.ce4all.org or calling 952.556.7200.