

- MENTAL HEALTH EDUCATOR SERIES -

Staying Positive in a Negative World



Thursday, April 21, 2022 | 9 AM

Guest Speaker: Amy Wetzler, Mental Health Counselor, Catholic Charities

"This is the day that the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)

About the Session: The world today is full of negativity, and sometimes it's hard not to be affected by everything going on. It's easy to feel overwhelmed to the point where depression and anxiety might even set in. So, what do we do? How do we prevent ourselves from getting discouraged? What can we do when our mental health is being affected? These are some of the questions that we are going to explore. We are going to discuss practical steps to increase positivity in your life, so that both your outlook on life and mental health improve.

Register Online for the Zoom Meeting:
<https://forms.gle/ymzpn4wzcrn5FgRq5>

Who Should Attend: Catholic school principals/administrators, religious education directors and leaders.



Amy Wetzler

Mental Health Counselor

Amy became a counselor because she loves to inspire others, as well as provide guidance and support to clients as they overcome life's challenges, so that they can become the best version of themselves.

Key Services: Education and Affiliations: Master's Degree in Human Services with a Specialization in Mental Health Counseling from Capella University; Bachelor's Degree in Christian Counseling from Central Bible College

Certifications: (Ages 5 to adult) Trauma, Anxiety, and Depression; Certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), a components based treatment model in which children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors related to traumatic life events; and enhance safety, growth, and parenting skills. Also trained in Dialectical Behavior Therapy and Sports Counseling.

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