

Mental Health and the Adult Learner

Mental well-being is an important factor behind students' success in adult education programs. In this workshop we will learn about mental health issues commonly experienced by adult learners, including anxiety and depression, trauma, and substance use. What do these challenges look like, and how can you help your students if they are experiencing these issues? Discuss challenges and strategies with fellow adult educators. This training is geared toward adult education staff and volunteer tutors who work with ESL, ABE, and high school equivalency (HSE) students.



In this interactive training, you'll learn:

- Signs and symptoms of anxiety and depression, panic attacks, trauma, and substance use
- Safe, culturally-appropriate ways of supporting your students as they manage mental health challenges
- Who to connect to for more guidance and support
- Best practices for privacy, boundaries, self-care, and the roles of staff and tutors

*Presenter **Muna Abdullahi** is a certified Adult Mental Health First Aid Instructor and Coordinator at AMITA Health. Muna graduated with honors from University of Illinois at Chicago with a Bachelor's degree in Public Health and minor in Sociology. She now serves as an AmeriCorps member with the Mental Health First Aid Corps program. Born and raised in Sana'a, Yemen, Muna is particularly passionate about mental health, community health, healthy literacy and improving health outcomes for marginalized populations.*

Tuesday, April 23, 2019

6:00 PM to 8:30 PM

Literacenter

641 W. Lake St., Chicago

REGISTRATION: Please RSVP. Space is limited. Free to members and non-members of Literacy Works. To register, please e-mail training@litworks.org with your information: Name / Email address / Phone number / Agency / Job role.