Penn Medicine
Chester County Hospital

Wellness
PRESENTATIONS

MENTAL HEALTH
JAN-FEB 2021 EVENTS

SATURDAY, JANUARY 15, 8:30 AM–3:00 PM

MENTAL HEALTH FIRST AID
Gain the skills needed to help another person who is struggling with a mental health or substance use concern or crisis.
PLEASE NOTE: To register for this course, please visit https://bit.ly/31h4QCJ.



TUESDAY, JANUARY 18, 6:30–7:30 PM

TALK NOW - KNOW HOW
Get tips to build strong family relationships that set kids up for success.

MONDAY, JANUARY 24, 6:00–7:00 PM

THE ART OF RESILIENCY
This program will define resiliency, examine the process for moving forward in life, and offer healthy tips to overcome unexpected setbacks.

WEDNESDAY, FEBRUARY 09, 5:30–7:30 PM

QPR SUICIDE PREVENTION TRAINING
QPR (Question, Persuade, Refer) is a nationally recognized suicide prevention training that has been extensively researched and proven effective.

THURSDAY, FEBRUARY 10, 6:00–7:00 PM

TRAUMA AND RESILIENCE 101
This training provides a foundational understanding of ACEs (Adverse Childhood Experiences), trauma, and resilience.

WEDNESDAY, FEBRUARY 16, 6:00–7:00 PM

RECOVERY IS POSSIBLE
Medications for Opioid Addiction
This presentation will discuss medications for opioid use disorder (MOUD) and will provide information on how to access treatment in Chester County, PA.

REGISTRATION REQUIRED. To register, click on the event title above, call 610.738.2300 or visit ChesterCountyHospital.org/Wellness.