

Join us for a Worksite Wellness Networking and Training Event

Good Mental Health in the Workplace: Five Things You Can Do



Learn the five things you can do to create a workplace that values good mental health. Participants will learn how to promote good mental health (including dealing with stress), the common symptoms of a mental illness, how attitudes and language impact people with mental illnesses, and accommodations for a mental illness.

Presenter:
Catherine Christiansen
Employee Wellness Educator

Thursday, April 14, 2022

Time: 11:30 a.m. to 1 p.m.

Zoom link:

<https://us02web.zoom.us/j/83663704635?pwd=djhFWGxrTjJPV003aHViOTNnaHVNQT09>

RSVP: Register by April 11 at
<https://tinyurl.com/GoodMH>
Or RSVP by April 11 to
Jennifer.Maurer@allina.com



Catherine Christiansen provides mental health education to employers in our community, supporting employees' mental health and wellbeing. A long-time community advocate, Catherine is passionate about supporting those with mental illnesses and substance use disorders. Her background includes corporate and nonprofit organizational support and training in the areas of substance misuse and health and wellbeing for adults, children and families. Catherine has a bachelor's degree from Michigan State University, College of Human Ecology, focusing on business and sociology. She is committed to NAMI's mission because of her son's experience dealing with depression and anxiety.

