



presents a free educational series for all...

Grandparents as Parents

What:

Two sessions focused on education, resource-building, and support for grandparents who are in a primary caregiving role.

When:

MONDAYS:

April 3 ~ 10-11:30 a.m.
in the CVMC room

April 10 ~ 10-11:30 a.m.
in the North room

*Session 1 focuses on information and resources.
Session 2 primarily serves as a peer support gathering.*

Where:

Douglas County Community Center
1329 Waterloo Lane, Gardnerville

For more information, call the SPN office at 775-783-1510

This advertising is funded through the Douglas County Community Grant

SPN presents a **free** educational series for all:

May Mental Health Month Guest Speaker Series

Your mental wellness starts with you...



Thursdays from 5:30-7 p.m. - See back of flier for details

What:

Kim DesRoches

Out of the Darkness-Into the Light

Frank Jacobelli, MSW, LCSW

Your Brain...Stress...and How to Cope

Gail Jacobs, LCSW

Trauma In and Around Us

Misty Dee, LAADC, ICAADC

Mental Wellness Impacts
of Substances and Alcohol

When:

May 4

May 11

May 18

May 25

Where:

Partnership Douglas County Office
1625 State Route 88, Suite 104, Minden

For more information, call the SPN office at 775-783-1510

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May Mental Health Month Speaker Bios

Kim DesRoches is a Professor of History and Academic Support Specialist for the Higher Education in Prison Program at Western Nevada College in Carson City. Kim brings 9 years of experience as a certified safeTALK and ASIST trainer to her myth-busting **May 4** talk, which focuses on opening and sustaining caring conversations around mental wellness and suicide and ways to best support ourselves and others.

Frank Jacobelli is a Licensed Clinical Social Worker, educator, and author. Over his 40-year career, Frank has worked with seniors, adolescents, active duty military service members, and first responders across numerous mental health settings. He is the mental health clinician for the Tahoe Sierra Critical Incident Stress Management team and facilitates Maturing Men's Group, an eight-week therapy and support group for men ages 50+, sponsored by SPN. On **May 11**, Frank will lead participants through a deep-dive exploration of wellness from a brain-based perspective.

Gail Jacobs is a Licensed Clinical Social Worker in CA and NV with an extensive background in providing counseling, psychotherapy, and educational instruction across a variety of populations. She believes many behaviors, relational struggles, and health/mental health concerns are related to trauma. Even if we don't identify an experience as traumatic, our brain may record it as a moment of danger, and we become wired to survive. On **May 18**, Gail will convey the ways past trauma can influence present-day functioning and explore how addressing it can move us toward a place of greater resilience for what the world brings our way.

Misty Dee is a Licensed Advanced Alcohol and Drug Counselor and Internationally Certified Advanced Alcohol and Drug Counselor with Alpine County Behavioral Health Services. She has 14 years of experience working with youth, families, and individuals who are navigating substance and alcohol challenges. Misty's **May 25** discussion will shine a light on the impacts that substance and alcohol misuse have on personal relationships and overall wellness while encouraging more healthy and sustainable coping skills.



SPN presents a free educational series for all...

Be the Change

Skill building sessions in Resilience, Coping,
Self-Care, and Mental Wellness

Your mental wellness starts with you...



Suicide
Prevention
Network

(Tuesdays ~ day and evening sessions offered)

What:

Mental Wellness and Recognizing
Signs of Depression and Suicide:

When:

April 4: 1-2pm ~OR~
April 11: 5:30-6:30pm

Upcoming series:

April ~ "Grandparents as Parents"

May (Mental Health Month) ~ a new guest speaker each week!

Where:

Douglas County Community Center - CVMC room
1329 Waterloo Lane, Gardnerville

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