



SOUTHEAST MINNESOTA MENTAL HEALTH AND WELLNESS CONFERENCE

ABOUT THE CONFERENCE

We welcome all people to attend the inaugural Southeastern MN conference on mental health and awareness. This conference is a collaborative effort to raise awareness, provide education, and reduce the stigma of mental illness in all segments of the Southeastern MN region. With generous support from Blue Cross, the conference is free and open to everyone.

CONFERENCE INFORMATION

- Thursday, May 11th
- 8:30 am - 4:30 pm
- Wood Lake Meeting Center
210 Woodlake Dr
Rochester, MN 55904

REGISTRATION

https://2023_SEMN_mental_health_conference.eventbrite.com



FREE EVENT
LUNCH PROVIDED
MUST PRE-REGISTER

AGENDA

- 8:30-9 am** - Registration
- 9-10 am** - Keynote: *Thriving with Layered Identity*
- 10:15-11:30 am** - Breakout Sessions 1 & 2
Session 1 - Question, Persuade, Refer (QPR) Training
Session 2 - In Our Own Voice
- 11:30 am-12:00 pm** - Lunch
- 12:00-1:00 pm** - Nature Rx
- 1:15-2:30 pm** - Breakout Sessions 3 & 4
Session 3 - Mindfulness for Busy Minds & Creating Calm in Everyday Life
Session 4 - Stigma & Mental Health: Let's Talk!
- 2:45-3:30 pm** - Panel Presentation
- 3:30-4:15 pm** - *Portage for a Purpose*
- 4:15-4:30 pm** - Closing

