

May is Mental Health Awareness Month and we are hosting a

FREE!

Health & Wellness Resource Fair



Join us for a free community event to learn more about mental health and wellness resources our community.

**Saturday, May 6
1:00p - 3:00p**

**Mora Elementary School
200 N 9th St, Mora, MN**

Guest Speaker

 **1:15p**



Elizabeth Szybatka
MA, LPCC-S, RPT-S Clinical Supervisor
Lighthouse Child & Family Services

Wellness Activities

Therapeutic Crafts

Self Care Strategies

Child Care Available

During Presentation

Hosted by: **Kanabec County Community Health**
905 Forest Avenue East, Suite 127
Mora, Minnesota 55051



Mental Health 101 – Brain Development, Stress, and Everyday Coping

Elizabeth will present about the basics of mental health – what is it, who has it, and where does it come from? She will provide information on brain development and how various life experiences impacts our mental health from infancy all the way through adulthood. You will leave with increased understanding of how your brain and body work together, and some useful tools for working through everyday stressors.

Elizabeth Szybatka, MA, LPCC-S, RPT-S is a Licensed Professional Clinical Counselor, Registered Play Therapist, and a Clinical Supervisor with Lighthouse Child and Family Services. She provides therapeutic services to children and families in Cambridge-Isanti and surrounding communities, and supports clinical interns, school-based, and outpatient mental health providers at LCFS. She has extensive experience and expertise in infancy & early childhood mental health, trauma- and attachment-related disorders, child development, social services & special education systems. Elizabeth has a passion for providing professional development and consultation for educators, childcare providers, parents, mental health practitioners, and public health nurses.

COME AND JOIN US!

Wellness Fest!

SATURDAY, MAY 6TH

LOCAL RESOURCES | ACTIVITIES | FREE CHILDCARE

SPEAKER FROM: ELIZABETH SZYBATKA,
MA, LPCC-S, RPT-S



Lighthouse
Child & Family Services

PRESENTING ON:
MENTAL HEALTH 101

SPEAKING FROM 1:15 - 2:15 PM



Public Health
Prevent. Promote. Protect.



Mora Elementary School

EVERYONE
WELCOME!

www.Sackcoalition.org



Better Together

FREE

Mental Health



&

Wellness Fair



Public Health
Prevent. Promote. Protect.

Kanabec County Community Health

**May 6th
1-3 PM**

**Mora High
School Gym**

**-Speaker from
Lighthouse Services**

**-Resources From
Local Organizations**

-Childcare Available