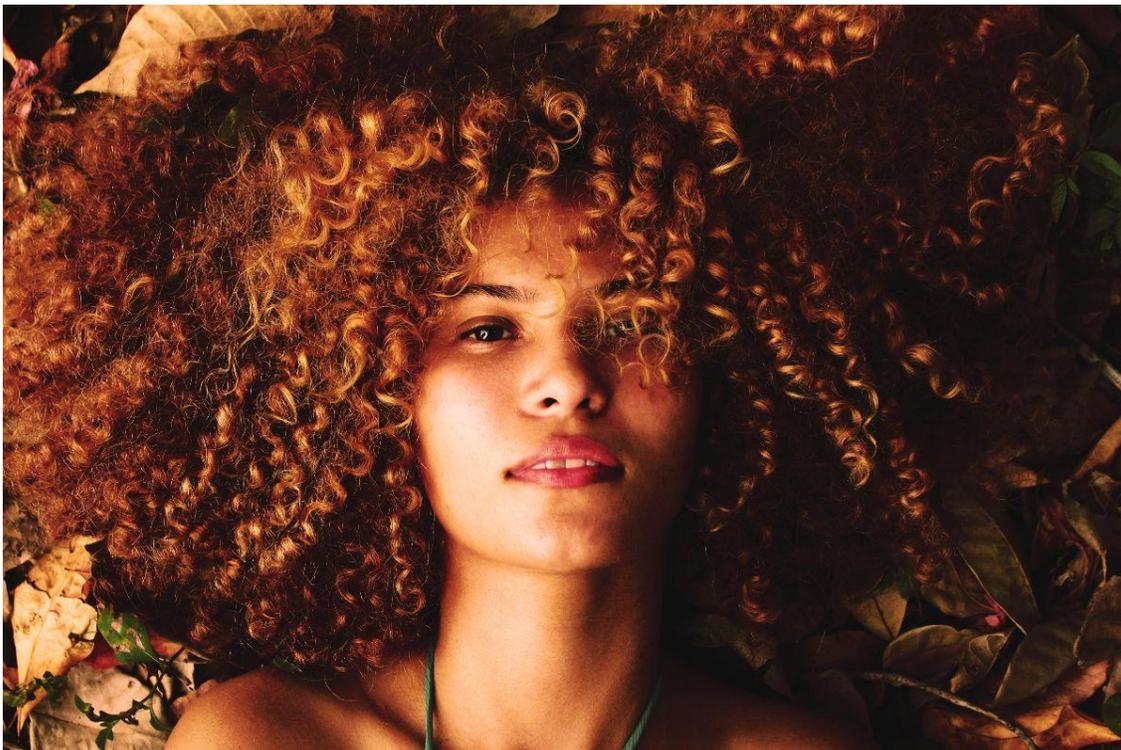




mindspring
MENTAL HEALTH ALLIANCE

New Fall Webinars

as always, Mindspring's programs are absolutely free to attend &
everyone is welcome



NOVEMBER WEBINARS

Common Family Reactions to Mental Illness | Tues 11/16 | 12-1:00p CST

Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope in this one-hour seminar with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_Fh7HAYtyRuW2s2iMGot4DQ

Talking to Children about Mental Illness | Wed 11/17 | 12-1:00p CST

Children are curious about their environment and the people around them. How do we answer their questions related to mental health? Learn how to help children understand what mental illness is and is not, and how to answer their questions in this one-hour seminar with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_570UO0KIRma7NWZ2rVIWwQ

Holiday Stress & Self-Care | Tues 11/23 | 12-1:00p CST

The “most wonderful time of the year” doesn’t always feel that wonderful. Demands on our time and energy often leaving us feeling tired, disappointed, and depressed. This one-hour seminar includes practical tips to manage the stress that accompanies the holidays, prioritizing self-care, and getting the support you need. Let’s bring more “peace & joy” back into your holiday season!

Register Here https://zoom.us/webinar/register/1316068330420/WN_GHEcmLKvQz-LSzqX5LwxPg

Setting Healthy Boundaries in Relationships | Wed 11/24 | 12-1:00p CST

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_1ssQx_qMSAySK2Ns6TW-fw

Understanding Seasonal Affective Disorder | Tues 11/30 | 12-1:00p CST

Do the winter months get you down more than you think they should? Explore the signs and symptoms of seasonal affective disorder, when it’s time to see a doctor, and what treatment options are available. Includes practical tips for managing symptoms and supporting loved ones who are struggling.

Register Here https://zoom.us/webinar/register/1316068330420/WN_NYIQbqbaR1Ovd6nNtlEtIA

DECEMBER WEBINARS

Understanding Depression | Wed 12/1 | 12-1:00p CST

How is depression different from sadness? An accessible guide to understanding causation, symptoms, and treatment options for depressive disorders. Learn practical tips for managing symptoms and helping others in this one-hour seminar with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_XfulpEo8RxOoZ1ObO8btFA

Managing Stress & Burnout for Professionals | Mon 12/6 | 12-1:00p CST

Stress is something we all experience in our personal and professional lives. But when stress is severe or prolonged (or both), it can impact our physical and mental health in major ways. Gain practical tips to manage distress to avoid career burnout and learn effective ways to cope in this one-hour seminar with a licensed therapist.

Webinar sponsored by the Des Moines IowaWorks office, a Division of Iowa Workforce Development.

Register Here https://zoom.us/webinar/register/1316068330420/WN_0atkcnkISRCxScaEVkP4Nw

Understanding Eating Disorders | Tues 12/7 | 12-1:00p CST

Although our culture is preoccupied with food and weight, and disordered patterns of eating are very common, clinical diagnosis of eating disorders is less common. Even for professionals who have been treating them for years, eating disorders can be confusing illnesses. Explore the types of eating disorders, their signs & symptoms, risk factors, and treatment in this one-hour seminar. Learn practical steps for supporting loved ones and tips for discussing this often-misunderstood topic with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_lhUe6KVmTT-Mk_yqpD1wYA

Understanding Body Dysmorphic Disorder | Wed 12/8 | 12-1:00p CST

Body Dysmorphic Disorder is defined by negative self-image and misperceptions about appearance. Preoccupation with perceived flaws can result in anxiety, depression, and social isolation. Explore the diagnostic criteria, symptoms, and common misconceptions of body dysmorphic disorder in this one-hour seminar. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_uwpJbm8RVgRk51FRh9MwA

Understanding Self-Harm: Cutting, Self-Injury, and Self-Mutilation | Thurs 12/9 | 12-1:00p CST

Self-injury is a complex behavior that is difficult to understand if you haven't experienced it. Explore what self-harm is and is not, why people purposefully injure themselves, and the symptoms to look for. Dispel myths and stereotypes and learn what treatments are most effective with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_8qmdJOW3TaKjq9ooO9L_9g

Creating Positive Connections in Discipline | Mon 12/13 | 12-1:00p CST

Does punishment change children's behavior? Explore the differences between discipline and punishment, and how discipline can be used to create trusting relationships that foster success. This course is designed for professionals who work with children and families, and is developed from a culturally conscious and trauma-informed lens.

Register Here https://zoom.us/webinar/register/1316068330420/WN_KNvS3gwEQ5CmlvfRbQhZia

Legal Issues in Mental Health: Guardianship & Civil Commitment | Tues 12/14 | 12-1:00p CST

Sometimes a person's mental health interferes with their ability to make sound decisions -- putting themselves and others at risk. In these cases, court intervention may be needed and loved ones have difficult choices to make. This seminar explores the complex legal issues related to mental health crises, civil commitment, and guardianship.

Register Here https://zoom.us/webinar/register/1316068330420/WN_KdKYmlARQraxBLV8l2FJg

Understanding Anxiety | Wed 12/15 | 12-1:00p CST

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_q7UTsWO3RD2AGqHIDKqmbw

[Click to browse all upcoming webinars](#)



Mindspring introduces #GiveFullCircle for Giving Tuesday

November 30th - December 6th

GIVE to Yourself: Do something positive for your mental health and share the experience

with others using the hashtags #GiveFullCircle and #Mindspring

GIVE to Others: Donate to Mindspring to continue free mental health programs. 100% of net proceeds are used to provide free mental health education, support and advocacy programs for all community members. Visit <https://givebutter.com/givefullcircle> or text #givefullcircle to 202-858-1233

Mindspring GIVES Back: Throughout the week we will be posting extra content on our social media channels with free mental health resources from local professionals.

Follow Mindspring's social media accounts to access special #GiveFullCircle programs and let's bring more peace & joy this holiday season!

Facebook: @mindspring.dsm

Instagram: @mindspring_health

Twitter: mindspring_dsm

[Click to Donate](#)

MEET THE INSTRUCTORS

Susan Dannen is a Licensed Independent Social Worker with over 25 years of experience in the mental health field. She has held positions as an In-home therapist, Day Treatment Therapist, School-Based Therapist, Outpatient Therapist, Hospital/Clinic Therapist, Program Supervisor, and Director. She was an Adjunct Professor at Adler Graduate School in Minnesota, and a trainer/writer for the Minnesota Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, University of Illinois Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, and foster care/adoption. She is passionate about educating and supporting others to find hope and healing. In her free time, Susan enjoys yoga, nature, making pottery, art, music, sports, and theatre.

Jaymi Dormaier, LMSW, holds a master's degree in social work from Michigan

State University. In Jaymi's career as a social worker and therapist she has worked with a diverse population focusing on a variety of issues, including homelessness, depression, anxiety, grief, trauma, foster care, adoption, and addiction. She is passionate about helping others live a life they love.

Jaymi is on the board of a non-profit organization focused on bringing more happiness to the world through random acts of kindness. In her free time Jaymi enjoys spending time with her dog, volunteering in her community, and camping.

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MindSpring Mental Health Alliance
511 E 6th St Ste.B
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