



**mindspring**  
MENTAL HEALTH ALLIANCE

# November Webinars

understanding mental health and maximizing self-care



Delivering comprehensive outreach & education is the heart of our mission. We've designed a platform created specifically for the issues facing our community. And we've transformed the way our programs are delivered by launching virtual sessions to improve accessibility and maximize community impact.

**As always, these events are absolutely free and everyone is welcome**

### **Creating Positive Connections in Discipline | Mon 11/1 | 12-1:00p CDT**

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\\_e1\\_-27aGQQSx2-PMwkdIFQ](https://zoom.us/webinar/register/1316068330420/WN_e1_-27aGQQSx2-PMwkdIFQ)

### **Understanding Personality Disorders | Tues 11/2 | 12-1:00p CDT**

Personality describes everything about you, and personality disorders can be challenging to manage. In addition to dealing with the illness itself, people often struggle with the myths and stigma surrounding personality disorders. Explore the categories of personality disorders, their symptoms, causes, and treatment. Learn practical tips for managing symptoms and supporting others with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_1V\\_Z49s4Qr27KGaZ4EJq3Q](https://zoom.us/webinar/register/1316068330420/WN_1V_Z49s4Qr27KGaZ4EJq3Q)

### **Understanding Narcissistic Personality Disorder | Wed 11/3 | 12-1:00p CDT**

People often label others as narcissists without having a clear understanding what this diagnosis really means. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_VRqFxFC7QnSpdhVpv6ljTQ](https://zoom.us/webinar/register/1316068330420/WN_VRqFxFC7QnSpdhVpv6ljTQ)

### **Understanding Borderline Personality Disorder | Thurs 11/4 | 12-1:00p CDT**

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_pLXsrMTMSMqawtj7bdwSig](https://zoom.us/webinar/register/1316068330420/WN_pLXsrMTMSMqawtj7bdwSig)

### **Understanding Trauma | Tues 11/9 | 12-1:00p CST**

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_qLwhouX9QfK1gay4mxppRA](https://zoom.us/webinar/register/1316068330420/WN_qLwhouX9QfK1gay4mxppRA)

### **Understanding Post Traumatic Stress Disorder | Wed 11/10 | 12-1:00p CST**

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment, and coping mechanisms. An accessible guide to understanding what causes PTSD, it's symptoms, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_c1A9e0\\_7Q4WiGYW1Z-v7MA](https://zoom.us/webinar/register/1316068330420/WN_c1A9e0_7Q4WiGYW1Z-v7MA)

### **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. Explore the stages of emotional response, the caregiving experience, 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](https://zoom.us/webinar/register/1316068330420/WN_Fh7HAYtyRuW2s2iMGot4DQ)

### **Talking to Children about Mental Health | 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](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, tips for self-care, and ways to find 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](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](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, how to know 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\\_NYIQbqbaR1Ovd6nNltEiA](https://zoom.us/webinar/register/1316068330420/WN_NYIQbqbaR1Ovd6nNltEiA)

[Click to browse all upcoming webinars](#)

**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.

## Support Community Mental Health

Mental health is health, and the past eighteen months have amplified this as stress, isolation, and uncertainty has impacted so many families. In 2020, Mindspring experienced an incredible 2470% increase in demand and served 107,114 people.

**These critically important mental health services are made possible through donations from community members like you** and allow us to continue to provide these essential services free of charge.

If you have enjoyed our programming and have the means available, we invite you to support Mindspring with a tax-deductible contribution. Your financial support will

help ensure that we can continue to be a beacon of hope in this unique time in the world.

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