



mindspring
MENTAL HEALTH ALLIANCE

October Webinars

understanding mental health and maximizing self-care

Workshops & Resources

Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need.

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 new virtual sessions to improve accessibility and maximize community impact.

These events are absolutely free and everyone is welcome



September Webinars

Understanding Seasonal Affective Disorder | Tues 9/28 | 12-1:00p CDT

Do the winter months get you down more than you think they should? This one-hour session includes information on the signs and symptoms of seasonal affective disorder (SAD), how to identify when symptoms are worsening, and how SAD is treated. Discover practical tips for managing symptoms and supporting loved ones who are struggling with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_4DQoUZ4DQZ6K8oKQkUioTg

Understanding ADHD | Wed 9/29 | 12-1:00p CDT

Attention deficit hyperactivity disorder (ADHD) is not just about hyperactive people and short attention spans. An accessible guide to understanding causation, symptoms and treatment options for ADHD. Learn practical tips for managing symptoms and helping others with a licensed therapist in this one-hour webinar.

Register Here https://zoom.us/webinar/register/1316068330420/WN_SW14RtUbTHuXw1ygDOMjIA

Talking to Children About Mental Illness | Thurs 9/30 | 12-1:00p CDT

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

Register Here https://zoom.us/webinar/register/1316068330420/WN_-37-B1AzT36Ncfk_uQ3xcA

October Webinars

Creating a Low Stress Environment & Minimizing Crises | Tues 10/5 | 12-1:00p CDT

Families are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. Learn strategies to create and maintain a low-stress environment, how to identify & respond to 'red flags', and tips for communicating in times of crisis with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_ieDp1pRjTWos1QDb8DHZNq

Communication Do's & Don'ts | Wed 10/6 | 12-1:00p CDT

Understanding how mental health impacts thinking and behavior helps to reduce frustration & stress, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_15SZZeBcQWmTp88WK2kfpQ

Empowering Loved Ones | Thurs 10/7 | 12-1:00p CDT

Understanding how to effectively support friends and family members with mental health disorders is essential. This one-hour session is led by a licensed therapist and includes information on the complications of mental illness, the four dimensions of recovery, and an introductory guide to understanding and developing a recovery plan.

Register Here https://zoom.us/webinar/register/1316068330420/WN_qmy4EjN9TxmA3COe3Jh3Qq

Understanding Bipolar Disorder | Tues 10/12 | 12-1:00p CDT

Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others in this one-hour session with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_ueiVdstmTe-Twf7-gEbvrA

Understanding Obsessive Compulsive Disorder | Wed 10/13 | 12-1:00p CDT

OCD manifests differently in different people – the disorder involves much more than anxiety about germs or compulsions related to cleanliness. An accessible guide to understanding this often-misunderstood diagnosis, including symptoms of OCD, 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_TB9c57JHRZaKSK-7WodPCQ

Understanding Hoarding | Thurs 10/14 | 12-1:00p CDT

Hoarding is a compulsive behavior that involves much more than keeping extra papers around. This seminar explores the reasons people hoard, common symptoms of hoarding, and the impact hoarding has

on both the individual and the family. Explore treatment options and tips for communicating with someone who hoards in this one-hour session with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_ToCOHT2rTggibYpgOO-7Ag

The Psychological Origins of Stigma & Bias | Tues 10/19 | 12-1:00p CDT

How does cultural bias impact treatment, prevention & recovery? This one-hour session includes discussion of the origins of understanding mental illness, how misinformation is spread, and how stigma impacts individuals and families. Learn tips for correcting negative perceptions in this one-hour session with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_kPuEIU3tQl65AWwugj19fA

The Science Behind Mental Health | Wed 10/20 | 12-1:00p CDT

Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental illnesses simply physical diseases that happen to affect the brain? Or do these disorders belong to a class all their own? An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. Separate myths and facts on this often-misunderstood topic.

Register Here https://zoom.us/webinar/register/1316068330420/WN_wVgXmN1bQbarpfHVhPYDPA

Stress: Signs, Symptoms, Management, & Prevention | Thurs 10/21 | 12-1:00p CDT

The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and practical ways to manage distress and calm your nervous system in this one-hour session with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_P1fBV1HQH2Y7GGV2niekQ

Understanding Schizophrenia | Wed 10/27 | 12-1:00p CDT

Schizophrenia is a lifelong mental illness that changes how you think, feel & act. A combination of hallucinations, delusions, disordered thinking and behavior impairs functioning and can be disabling. An accessible guide to understanding causation, 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_exRF9xXzR3STV_mqZJfLjg

Understanding Seasonal Affective Disorder | Thurs 10/28 | 12-1:00p CDT

Do the winter months get you down more than you think they should? This one-hour session includes information on the signs and symptoms of seasonal affective disorder, how to identify when symptoms are worsening, and treatment options are available. Learn practical tips for managing symptoms and supporting loved ones who are struggling with a licensed therapist.

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[Click to browse all upcoming webinars](#)

Support Community Mental Health

Mental health is health, and the past year has 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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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
Des Moines, Iowa 50309

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