



mindspring
MENTAL HEALTH ALLIANCE

Winter Webinars 2021-22

understanding mental health & maximizing self-care



Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health 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.

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

DECEMBER WEBINARS

Holiday Stress & Self-Care | Tues 12/21 | 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_thxk890MTc65u16z7nteCw

Understanding Seasonal Affective Disorder | Wed 12/22 | 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. Learn 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_D9uuEOCHSVqOkJXF8PQtxw

Relationships, Family, and Mental Health | Thurs 12/23 | 12-1:00p CST

The complicated nature of mental illnesses can make relationships challenging. Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress in this one-hour webinar with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_tVujZXzVSdimlxwQgH-gAg

Understanding Mental Health | Tues 12/28 | 12-1:00p CST

What is the difference between ‘mental health’ and ‘mental illness’? This one-hour seminar provides an accessible guide to understanding what mental health is, the categories of mental illness, and how they're treated. Separate myths & facts and learn strategies to combat stigma and help others with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_xPXt8I8sRXSVwgcRuEtLsw

What is Covid Trauma? | Thurs 12/30 | 12-1:00p CST

The pandemic has negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how Covid trauma has impacted society. Learn practical steps to start the healing process with a licensed therapist in this one-hour seminar.

Register Here https://zoom.us/webinar/register/1316068330420/WN_cVWGj_zmTr28i1X0cmovOQ

JANUARY WEBINARS

Understanding Compassion Fatigue & Burnout | Tues 1/4 | 12-1:00p CST

Does compassion cause suffering? When does it go too far and how can caregivers protect their own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_8VH8CTocSku3iiLJUK9oKQ

Understanding Bipolar Disorder | Wed 1/5 | 12-1:00p CST

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 seminar with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_3YWCfs2mRtOZCFnXnuYR6Q

Communication Do's & Don'ts | Thurs 1/6 | 12-1:00p CST

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 so that you are heard, with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_oR2B7NVUTBuk1k8LznK3yQ

Understanding ADHD | Tues 1/11 | 12-1:00p CST

Attention deficit hyperactivity disorder (ADHD) is more than 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 supporting loved ones during this one-hour seminar with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_vl-Qw-dMTI-PZvqad4MEMA

I Don't Need Help: Supporting People Who Can't See Their Mental Illness | Wed 1/12 | 12-1:00p CST

Why do people sometimes reject help? Discuss the reasons why people refuse mental health care and how to respond & cope in this one-hour seminar with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_8L07f7ObQJ2s1DoZkuVEHQ

Stress: Signs, Symptoms, Management, and Prevention | Thurs 1/13 | 12-1:00p CST

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 in this one-hour seminar with a licensed therapist.

Register Here https://us06web.zoom.us/webinar/register/1316068330420/WN_el1wyqu-SOGhk_iYeC_3Sq

[Click to browse all upcoming webinars](#)

Support Mindspring This Holiday Season

Mental health is health, and the last two years have amplified this as stress, isolation, and uncertainty has impacted so many families. In 2021, Mindspring has experienced an incredible 2470% increased demand. **These critically important services are made possible through donations from people like you** and allow us to continue to provide free mental health education, support, and advocacy to everyone -- regardless of their financial resources.

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.

Any amount helps

[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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