



YOUR MIND MATTERS

Raising Awareness of Mental Health

Evening Programs @ 7:00pm; Shiras Room

Tuesday, May 10

Bipolar Recovery: Colleen's fresh & persistent approach to recovery will empower, give hope & help to see the illness a gift. She celebrates thirty five journeys recovering successfully from bipolar. If she can, you can.

Presenter: Colleen Jokinen, RN
-Brantley Drop-In Center Director



Thursday, May 12

Eating Disorders:

An overview of serious conditions which feature the preoccupation with food & weight to the exclusion of the ability focus on anything else.

Presenter: Mary Ritter, MA, LPC, CAAC
-Great Lakes Recovery Centers



Thursday, May 19

Hidden Disabilities:

Undiagnosed vision problems can lead to learning & development problems. Learn more about the eye/brain connection.

Presenter: Heidi Johnson, OD
-Superior Eye Health & Vision Therapy Center



Tuesday, May 24

Relaxation Workshop: Discover simple skills to use anywhere to still the mind & reduce stress. Learn relaxation & grounding techniques for coping with daily life.

Presenter: Paul Olson, LMSW
-Great Lakes Center for Youth Development

Events held at:

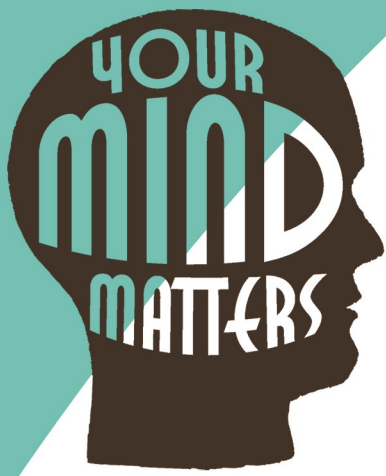
Peter White Public Library

217 N. Front St.
Marquette, MI 49855

No admission charge

For more information call 906-228-9510
or visit www.pwpl.info





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Raising Awareness of Mental Health

Tonight's Program

Tuesday, May 10 @ 7:00 pm
Shiras Room, upper level

Bipolar Recovery:

Colleen's fresh & persistent approach to recovery will empower, give hope & help you to see the illness a gift.

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Presenter:

Colleen Jokinen, RN

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-Great Lakes Recovery Centers

Great Lakes Recovery Centers

Healing Individuals, Families, and Communities for over 25 years.

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Raising Awareness of Mental Health

Tonight's Program

Thursday, May 19 @ 7:00 pm
Shiras Room, upper level

Hidden Disabilities

Problems adjusting to school or work demands may be due to underlying, undetected vision problems. Many visual skills are necessary for success. Vision is the ability to gather and process information to derive meaning and direct action—a process requiring efficient use of more than 30 visual centers in the brain.

This program will identify necessary visual input, visual processing and visual integrative skills. Treatment options to boost neurologic maturation and develop visual skills to reduce or eliminate barriers to learning and reading will be highlighted.

Presenter:

Dr. Heidi Johnson

-Neuro-Developmental Optometrist

-Superior Eye Health
& Vision Therapy Center



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YOUR MIND MATTERS

Raising Awareness of Mental Health

Tonight's Program

Tuesday, May 24 @ 7:00 pm

Shiras Room, upper level

Relaxation Workshop

Stress and Coping

– Relaxation is Not a Luxury

Discover simple skills you can use anywhere to still your mind and reduce stress.

Learn relaxation & grounding techniques that will help you when things get on your nerves.

You deserve to cope with your daily struggles!

Learn how to use progressive muscle relaxation & other coping tools to take charge of your moods.

Presenter:

Paul Olson, LMSW

-Great Lakes Center for Youth Development

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