Anxiety
Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives.

Lunch & Learn: bring a bagged lunch or buy from the library café.
Community Room, lower level
Presenters: XXX, MD
Psychiatrist
Marquette General Behavioral Health

Book Study: Are Your Prescriptions Killing You? See May 7

Role of Diet & Exercise on Depression & Anxiety
Losing weight is challenging for everyone. It can be particularly difficult for someone with a serious mental illness. Clinical studies prove that a modified diet and exercise program can work for people with serious mental illnesses.

Lunch & Learn: bring a bagged lunch or buy from the library café.
Community Room, lower level
Presenter: XXX, MA, LPC, CAAC
Therapist, Great Lakes Recovery Centers

Managing Depression
Learn strategies to manage the symptoms of depression, promote positive thinking, alleviate stress, and boost self-esteem.

Lunch & Learn: bring a bagged lunch or buy from the library café.
Community Room, lower level
Presenter: XXX, MD
Psychiatrist
Marquette General Behavioral Health

Your Mind Matters:
a program series which strives to raise awareness of mental health issues, highlight community resources, reduce the stigma of mental illness, and promote the importance of mental wellness for all.

The series of events are sponsored by a coalition of community health organizations, advocacy groups, individuals, and the Peter White Public Library.

Peter White Public Library thanks these organizations for sharing their time & talents to make this year’s series of events possible:

Friends of the Peter White Public Library

For more information visit www.pwpl.info or call 906-226-4318
Your Mind Matters 2013 Events
All programs are held at Peter White Public Library
No admission charge

- Wed. May 1 @ 12:00-1:00pm
  **Obsessive-Compulsive Disorder**
  Anxiety disorder in which people have unwanted and repeated thoughts, feelings or behaviors, that make them feel driven to do something.
  *Lunch & Learn:* bring a bagged lunch or buy from the library café.
  Community Room, lower level
  Presenter: XXX, LMSW
  Clinical Supervisor
  Marquette General Behavioral Health

- Mon. May 6 @ 1:30pm
  **Film: The Snake Pit**
  Stars Olivia De Havilland, Mark Stevens & Celeste Holm
  1948; NR; 108 min.
  A woman finds herself in a state insane asylum and can’t remember how she got there. The asylum staff are not demonized, but fear, ignorance & regimentation keep Virginia in a state of misery while her doctor struggles to find the root of the problem. Six time Oscar nominee! Community Room, lower level
  Sponsored by NAMI & PWPL Friends

- Tues. May 7 @ 4:00-6:00pm
  **Book Study: Are Your Prescriptions Killing You?** by Armon B. Neel, Jr. & Bill Hogan
  Fifth-generation pharmacist Armon B. Neel, Jr., is on a mission to help patients understand how the medications they take can affect them—for better or worse.
  Discussion group meets Tuesdays:
  May 7, 14, 21 & 28.
  Conference Room, main level
  Facilitator: XXX, MS, MFT, LLP
  Clinical Practices Coordinator
  Pathways Community Mental Health

- Thurs. May 9 @ 12:00-1:00pm
  **The Ten Signs of Alzheimer’s**
  Learn the 10 warning signs of Alzheimer’s Disease to know when to see a doctor. Early diagnosis gives a chance to seek treatment and plan for the future.
  *Lunch & Learn:* bring a bagged lunch or buy from the library café.
  Community Room, lower level
  Presenter: XXX
  Regional Programming Coordinator
  Alzheimer’s Association
  Greater Michigan Chapter, Marquette

- Tues. May 14 @ 12:00-1:00pm
  **Trauma & Youth**
  Even from as young as 18 months, children can be affected by traumatic events and have serious problems later in childhood and adulthood. But with help from families, providers, and the community, children and youth can demonstrate resilience when dealing with trauma. Learn the signs that could be indicate that a child is having difficulty dealing with a traumatic event.
  *Lunch & Learn:* bring a bagged lunch or buy from the library café.
  Community Room, lower level
  Presenter: XXX, LLMSW
  Therapist, Pathways Community Mental Health

- Tues. May 14 @ 4:00-6:00pm
  **Book Study: Are Your Prescriptions Killing You?** See May 7

- Wed. May 15 @12:00-1:00pm
  **Attention Deficit Hyperactivity Disorder**
  ADHD has symptoms that may begin in childhood and continue into adulthood and can cause problems at home, school, work, and in relationships.
  *Lunch & Learn:* bring a bagged lunch or buy from the library café.
  Community Room, lower level
  Presenter: XXX, PsyD
  Psychologist
  Marquette General Behavioral Health

- Wed. May 15 @ 7:00pm
  **Film: Silver Linings Playbook**
  Stars Bradley Cooper, Jennifer Lawrence & Robert DeNiro
  After a stint in a mental institution, former teacher, Pat Solitano, moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own. 8 time Oscar nominee winning Best Actress for Jennifer Lawrence!
  Romantic comedy; R; 122 min. 2012
  Community Room, lower level
  Sponsored by NAMI & PWPL Friends

- Thurs. May 23 @ @12:00-1:00pm
  **Metabolic Syndrome of Psychotropic Drugs**
  Exploration of the link between certain medications and weight gain, type II diabetes and cardiovascular disease.
  *Lunch & Learn:* bring a bagged lunch or buy from the library café.
  Community Room, lower level
  Presenter: XXX, LMSW, CAADC, LPC
  Clinical Supervisor
  Great Lakes Recovery Centers

- Thurs. May 23 @ 7:00pm
  **Film: The Fisher King**
  Stars Jeff Bridges & Robin Williams
  A former radio DJ, suicidal and despondent because of a terrible mistake he made, finds redemption in helping a deranged homeless man who was an unwitting victim of that mistake. Five time Oscar nominee winning Best Actor for Jeff Bridges!