

Mental Health



Presented by Rita Liesiefsky of Community Advocates

Capitol Branch Library | 3969 N. 74th St.

Registration recommended, but not required.
Register online at mpl.org/calendar or with staff.

Defusing Your Child's Tantrum: 7 Strategies to De-Escalate Your Child and Yourself

Tuesday, July 25, 3 p.m. | Repeated at 6 p.m.

Learn how a child's brain reacts to stress, how to calm your child, how to de-escalate yourself. This workshop is for adults. Child care is not provided.

Living Well with Mental Health Challenges

Tuesday, August 8, 6 p.m.

Your mental health - and that of those you love - affects many aspects of your daily life. This workshop will discuss strategies and tips for living well with a mental health challenge.

QPR (Question, Persuade, Refer) Suicide Awareness

Monday, September 18, 3 p.m. | Repeated at 6 p.m.

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

Visit www.mpl.org/ada for information on ADA program accommodation requests. 2023

