

COMMUNITY CONVERSATIONS

Join Memorial Medical Center Behavioral Health Providers to have candid conversations around mental health.

This informal discussion will provide a basic framework and allow time to get your questions answered. Help us peel back some of the stigma attached to these critical conversations that need to be taking place in our community to help end the silence around mental health.

**LET'S
TALK
TO END THE
SILENCE**

2 - 4 PM • Salmagundi Art Gallery - 705 Main Street West, Ashland
Free & open to the public. Light refreshments will be served.



Jocelyn Langholz, MSW

TOO MUCH TO HANDLE?

How to practice self-care during tough times.

MARCH 11



Jessica Joanis, MSW

KNOW SOMEONE IN A CRISIS?

How crisis intervention occurs and what happens next.

MARCH 18



David Lewis, MSW

PAST TO PRESENT.

How the history of mental health is influencing treatment, access and attitudes around mental illness.

APRIL 8



Kevin Smith, RN

MEDICATION VERSUS LIFESTYLE:

Drug free interventions for treating depression and anxiety.

APRIL 29