

# Super Saturday – Oct. 13, 2018

Free Youth Mental Health Workshops for Parents and Caregivers.



Check in - 9:00! 9:20 am

## Sessions | 9:30 am – 11:30 am

### Recognizing Early Warning Signs in Children and Adolescents

<https://ews-priorlake10-13.eventbrite.com>

### Understanding Early Episode Psychosis

<https://ueep-priorlake10-13.eventbrite.com>

### Eating Disorders: How to Identify Them and Support A Loved One

<https://eatingdisorders-priorlake10-13.eventbrite.com>

### The Quest for Resiliency – Moving from Stressed Out to Chill

<https://resiliency-priorlake10-13.eventbrite.com>

## Lunch | 11:30 am – 12:30 pm

Lunch provided when pre-registered.  
*Browse resource tables during this time and learn to assemble an optional advisory binder.*

### Location:

Prior Lake High School  
7575 150th Street West  
Savage, MN 55378

Free CEU's  
or COA  
available

## Sessions | 12:30 pm – 2:30 pm

### Mental Health Crisis Planning for Families

<https://crisisplanning-priorlake10-13.eventbrite.com>

### Special Education: Helping Students Succeed

<https://specialeducation-priorlake10-13.eventbrite.com>

### Mental Health 101 for Cultural Communities

<https://mh101-priorlake10-13.eventbrite.com>

### Understanding the Children's Mental Health System

<https://childrensmhsystem-priorlake10-13.eventbrite.com>

If you need childcare (ages 3 & up) while you attend, please contact Sara Corpron by **October 1** at [scorpron@namimn.org](mailto:scorpron@namimn.org) or call 651-410-6147

*A special thanks to:*

*Melrose Center - Park Nicollet,  
Change To Chill™ - Allina Health,  
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For more information, contact Liz Babkin at 651-645-2948 ext. 109 or [ebabkin@namimn.org](mailto:ebabkin@namimn.org) For additional events visit: [www.namimn.org](http://www.namimn.org)

NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.