



WELLNESS ACADEMY 2016 - 2017

At MHALC, we believe that education is a key to empowering individuals with mental illness and to reducing the stigma surrounding mental illness. With those beliefs in mind, we offer trainings, workshops, and seminars through the MHALC Wellness Academy designed to provide an array of information, skills, and tools to be used in one's own mental health journey.

SEE ALL COURSE DATES AND REGISTER ONLINE AT:
www.mhalancaster.org/our-programs/wellness-academy



Mental Health America of Lancaster County
630 Janet Avenue, Suite B-110 | Lancaster, PA 17601 | (717) 397-7461

***The following courses are currently available for the 2016-2017 Wellness Academy.
Please register online or call MHALC for more details at 717.397.7461.***

Our trainers are able to bring several of these MHALC Wellness Academy trainings and workshops on the road to be facilitated at your workplace, community center, or other location. For availability and group pricing details, please reach out to Kaitlin Specht at kspecht@mhalancaster.org. Additional courses and dates added periodically.

Brain Health | Janet Brian Mills

- Description** Much is said about maintaining healthy bodies, but what about our brains? The brain is our master control center. Healthy brains are key to a holistic approach toward “change and transformation”. This interactive workshop will include: basic brain information, reworking our brains for happiness, and an exploration of the work of psychologist, Paul Nussbaum, Ph.D. His research indicates that physical activity, socialization, mental stimulation, spirituality, and nutrition are essential for good brain health.
- Audience** This workshop is open to all individuals, but is particularly appropriate for any adults looking to increase their brain health to ward off dementia-related illnesses.
- Details** To be determined. Please refer to our News & Events Calendar for updates: <http://mhalancaster.org/news-events>
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Mental Health First Aid (Adult & Youth) | Brent Swope & Jayne Miller

- Description** Learn to identify, understand, and respond to the signs and symptoms of addiction and mental illness; recognize the risk factors and warning signs of mental health difficulties; how to apply the 5-step action plan to assess a situation and provide help; and understand what local resources are available and where to turn to for help to guide someone towards getting appropriate professional help.
- Audience** As with medical first aid, this training is appropriate for all; we never know when we may be faced with an emergency situation. In particular, Youth MHFA is ideal for those who work with adolescents on a regular basis; otherwise, the courses cover the same material.
- Details** *Adult* September 14, 2016 | March 8, 2017
Youth November 9, 2016 | May 10, 2017

Wednesdays from 7:45 PM - 5 PM | \$25/person (*includes breakfast and lunch*) | Community Services Building, Blair Room | 630 Janet Avenue, Lancaster, PA 17601

Office Yoga | Peggy Shaffer

Description Come for an hour of yoga and relaxation! By learning simple movements, you can incorporate them into your workday. MHALC's Peggy Shaffer, a certified yoga instructor, will lead this session.

Audience Those who are looking for a way to incorporate simple yoga poses into the daily work routine.

Details 2016 July 8 | August 12 | September 9 | October 14 | November 11 | December 9
2017 January 13 | February 10 | March 10 | April 14 | May 12 | June 9

Second Fridays of every month | NOON - 1 PM | \$5/person suggested donation |
Community Services Building, Room B-107 | 630 Janet Avenue, Lancaster, PA 17601

QPR Training | Gretchen Gaudioso or Trained QPR Volunteer

Description QPR stands for Question, Persuade, and Refer; the acronym is a play on CPR training, another important life-saving method. This training will teach you how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Audience As with CPR training, this training is appropriate for all; we never know when we may find ourselves supporting someone through a mental health crisis. This training is particularly useful for individuals working in social services, education, faith-based groups, and medicine.

Details 2016 October 7 | December 2
2017 February 3 | April 7

First Fridays from 1 PM – 4 PM | \$15/person | Community Services Building, Blair Room | 630 Janet Ave., Lancaster, Pa. 17601.
