

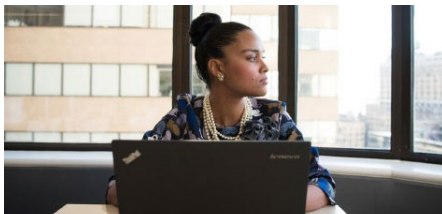
# WELLNESS SEMINARS AND WORKSHOPS

Our seminars and workshops provide a variety of techniques to help you care for your mental and physical health. These programs are perfect for employees, community organizations, schools, and more. Each program has been developed, and is presented, by a mental health clinician.

**SEMINARS** are great for small and large groups. They are more informative than interactive.

**WORKSHOPS** are great for small to medium-sized groups. They are informative, interactive, and discussion-based.

Any topics below can be delivered in either a seminar or workshop format. To schedule a program, or to discuss a personalized program to meet the needs of your team, please contact [wellness@mha-em.org](mailto:wellness@mha-em.org).



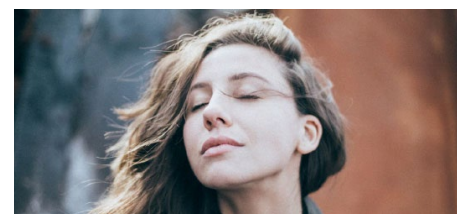
## Beyond Burnout: Revitalize the Way You Work

Determine your strategies for managing feelings of burnout and ignite improved passion at work.



## Managing Stress, Worry, and Fear in Challenging Times

Cultivate a practice of managing your thoughts to enhance your resilience.



## EQ: Understanding & Utilizing Your Intelligences

Tune in to consider your inner wisdom and how your intelligences can foster more contentment in life.



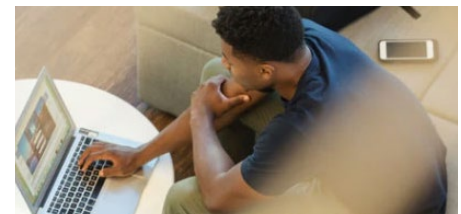
## Cultivating Connection & Communication: Strengthening Relationships for Well-Being

Discover ideas to improve connection and communication in your relationships and explore how this can enhance your sense of well-being.



## Grief & Loss: Navigating the New Normal

Recognizing the process and tasks of grief can help us help one another through unthinkable times.



## Time for a Change: The Role of Hope & Habits for Mental Wellness (Goals, Motivation, Momentum to Build Habits)

Fascinating look at how taking action can change our brain, our mood and our momentums.



## Take the Time: Investing in Your Wellness & Resilience (for Helping Professionals)

## TAKE THE TIME™

A partnership between Mental Health America of Eastern Missouri (MHA-EM) and Anthropeia, Take The Time™ offers wellness resources appropriate for groups and individuals. In addition to MHA-EM's signature Wellness Seminars for groups, the program offers Anthropeia's Know Yourself™ Wellness Coaching Program for individuals.

Other topics include mindfulness, resilience, and productivity and focus.

**Call 314-773-1399 or email [wellness@mha-em.org](mailto:wellness@mha-em.org)**

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