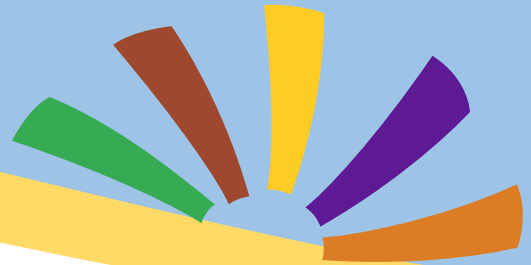


Mental Health Open House



Central MN Mental Health
Center

308 12th Avenue South,
Buffalo



- **Mini educational seminars:**

- *Common Issues in Early Chemical Dependency Recovery (3-4 p.m.) —Andrew Sudbeck, LADC & Teresa Halloran, LADC

- *Medication Education Basics (4-5 p.m.) – Emily Linscott, RN

- *Positive Behavior Toolbox for School-Age Children (4-5 p.m.) —Sheri Tesch, MA, LMFT

- **Mindfulness activities**

- **Snacks, games, and prizes**

- **Information on agency & community resources for mental health & overall wellness**

- **Free chair massages, blood pressure checks, stress assessments & meet a dietician**

Wednesday, May 16th,

3 –5 p.m.