



Jefferson Center
for mental health



AUDIENCES

Wanted!

Are you interested
in learning more about
mental health and
wellness?

Is there a topic related
to mental health that you would
like to know more about?

The Speaker's Bureau

at Jefferson Center shares our resources and knowledge **free of charge** with businesses, civic clubs, church groups, schools, and other organizations in our area. We'll share information on a wide range of mental health topics by mental health therapists, executives and other experts in the field.

It's our way of saying "thanks" to our neighbors of more than 50 years and contributing to healthier communities!

Choose from frequent topics or let us develop a presentation in your area of interest.

CURRENT TOPICS INCLUDE:

- Dealing with Depression
- Suicide Prevention and Grief
- Managing Life Stresses
- How to Achieve Good Mental Health
- Understanding the Effects of Trauma
- Jefferson Center for Mental Health: Your Mental Health Resource
- Managing Grief and Loss
- Positive Self-Esteem

**CALL US
TODAY!**

For more information, contact **Rebecca Hansen** at 303-432-5089 or e-mail rebecca@jcmh.org.

303-425-0300 • www.jcmh.org •

