



SOUTHEAST MINNESOTA MENTAL HEALTH AND WELLNESS CONFERENCE

ABOUT THE CONFERENCE

We welcome all people to attend the inaugural Southeastern MN conference on mental health and awareness. This conference is a collaborative effort to raise awareness, provide education, and reduce the stigma of mental illness in all segments of the Southeastern MN region. With generous support from Blue Cross, the conference is free and open to everyone.

CONFERENCE INFORMATION

- Thursday, May 11th
- 8:30 am - 4:30 pm
- Wood Lake Meeting Center
210 Woodlake Dr
Rochester, MN 55904

REGISTRATION

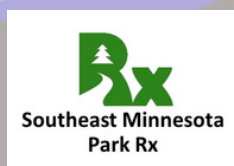
https://2023_SEMN_mental_health_conference.eventbrite.com



FREE EVENT
LUNCH PROVIDED
MUST PRE-REGISTER

AGENDA

- 8:30-9 am** - Registration
- 9-10 am** - Keynote: *Thriving with Layered Identity*
- 10:15-11:30 am** - Breakout Sessions 1 & 2
Session 1 - Question, Persuade, Refer (QPR) Training
Session 2 - In Our Own Voice
- 11:30 am-12:00 pm** - Lunch
- 12:00-1:00 pm** - Nature Rx
- 1:15-2:30 pm** - Breakout Sessions 3 & 4
Session 3 - Mindfulness for Busy Minds & Creating Calm in Everyday Life
Session 4 - Stigma & Mental Health: Let's Talk!
- 2:45-3:30 pm** - Panel Presentation
- 3:30-4:15 pm** - *Portage for a Purpose*
- 4:15-4:30 pm** - Closing



Save the date for May 11th!

I am excited to share that all people are invited to attend the inaugural Southeastern MN conference on mental health and wellness on May 11th from 8:30am to 4:30pm at Wood Lake Meeting Center in Rochester, MN. This conference is a collaborative effort to raise awareness, provide education, and reduce the stigma of mental illness in all segments of the Southeastern MN region. With generous support from Blue Cross, the conference is free and open to everyone.

The conference will place a special emphasis on the voices of those with lived experience. The keynote speaker is Nate Cannon, BA, MFA, CDP, a nationally recognized speaker and author. Nate will share his experience as a transgender man living well in recovery with both a mental health diagnosis and an unseen physical disability. Nate will explore the role that perseverance, resilience and fortitude have played in managing and navigating his mental health. Breakout sessions will include training on suicide prevention, nature therapy, creating calm - mindfulness for busy minds, NAMI's "In Our Own Voice," and reducing stigma. The conference will close with a presentation by Minnesota's own Evan Hansen who portaged his canoe over three hundred miles in Southern Minnesota to raise awareness of suicide prevention. His message for those who have faced suicidal thoughts or have lost someone is "you're not alone, you're not a burden and you are loved."

We all find ourselves on the continuum of mental health and wellness. This conference is an opportunity to come together and learn about how we can be resilient and support one another.

Registration for this event is required, and can be accessed at this link, along with additional conference details: [Southeast Minnesota Mental Health and Wellness Conference](#)

For questions about this event, please reach out to laura.sutherland@olmstedcounty.gov or use the contact us link on the event webpage.

