

Let's talk!

WELLNESS SYMPOSIUM

JOIN US FOR A MENTAL HEALTH SYMPOSIUM ON SATURDAY, FEBRUARY 25

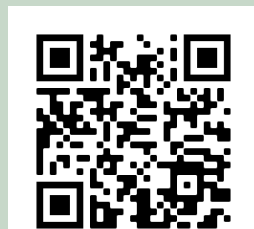
10 AM - 1 PM
OLD QUARRY MIDDLE SCHOOL

- Free Admission
- Complimentary Lunch provided by Timberline Knolls
- Free Childcare provided by LJWC Junioresettes
- Translation services available



BREAKOUT SESSION TOPICS:

Art Therapy, Comfort Dogs, Yoga, Depression & Anxiety, Nutrition, Divorce, Domestic Violence, Grief Addiction, Children & Social Media, Self Care, Communication, CPR & Self Defense



Learn More & Register
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WELLNESS SYMPOSIUM

SATURDAY, FEBRUARY 25 AT OLD QUARRY MIDDLE SCHOOL
16100 W 127TH ST, LEMONT, IL 60439

10:00 AM-1:00 PM

SCHEDULE OF EVENTS				
10:00 AM TO 10:30 AM	10:40 AM TO 11:10 AM	11:20 AM TO 11:50 AM	12:00 PM TO 12:30 PM	12:40 PM TO 1:00 PM
Jacqueline Rhew: Keynote Speaker & Presentation Old Quarry Gym	Workshop 1: Breakout Session <i>See below for list of selections</i>	Workshop 2: Breakout Session <i>See below for list of selections</i>	Workshop 3: Breakout Session <i>See below for list of selections</i>	Exhibitor Booth/ Wellness Tables Walk through Lunch Provided by Timberline Knolls

BREAKOUT SESSION CHOICES

DIVORCE Impacts of Divorce, Talking to Children About Divorce, <i>Counseling Works</i>	ART THERAPY "Hands On" Art Therapy, <i>Timberline Knolls</i>	DOMESTIC VIOLENCE Domestic Violence & Teen Dating Violence, <i>Crisis Center for South Suburbia</i>	DEPRESSION & ANXIETY What to do when you don't know what to do: A discussion on Anxiety & Depression, <i>Birch Forest Counseling</i>	GRIEF Grief & Loss, Talking to Your Child About Death, <i>Rainbows</i>	COMFORT DOGS The Benefits of Comfort Animals, <i>District 113A & Hinsdale Humane Society</i>	NUTRITION Healthy Eating & Wellness, <i>Emily Szajda, Nutritionist</i>
ADDICTION Addiction & Treatment Options, <i>Timberline Knolls</i>	CHILDREN & SOCIAL MEDIA Social Media & Its Impacts, <i>Officer Lauricella</i>	SELF-CARE Self Care & Resilience, <i>Dr. Kunal Sachdev</i>	COMMUNICATION Workshop: Getting Your Child to Open Up: A Guide to Dialogue, <i>Autism Behavior & Childhood Services</i>	YOGA Yoga & Mindfulness, <i>Autism Behavior & Childhood Services</i>	SELF-DEFENSE Self Defense Workshop, <i>Strictly Self-Defense</i>	CPR Cardiopulmonary Resuscitation: Get trained in CPR, <i>District 113a</i>

SCAN HERE TO REGISTER

