



## **MAY IS MENTAL HEALTH MONTH**

PRAIRIE STATE PREVENTION EDUCATION, INC.

SATURDAY, MAY 22, 2010

PRESENTS FREE WORKSHOPS

UNDERSTANDING MENTAL HEALTH, STRESS AND CHANGE

Presented by:

AL WILKINSON, Ed.D., CRC, LCPC – Experienced in 30 years of counseling people with physical and mental disabilities, traumatic brain injury and stroke, and seniors experiencing depression and anxiety and other major psychiatric disorders.

- ❖ TOPIC: SENIOR ADULTS AND EMOTIONAL HEALTH (10:00-11:00AM)

ANDREA B. SHAW, LCSW, SAP – Offers individual, couples and group therapy in her private practice assisting with day-to-day stressors, work-related issues as an Employee Assistance Professional affiliate, major psychiatric disorders and substance use disorders.

- ❖ TOPIC: UNDERSTANDING MOOD DISORDERS AND SUICIDE PREVENTION (11:00AM-12:00PM)
- ❖ TOPIC: FIND HOPE IN TODAY'S STRESSORS – LIFE IS NOT WHAT IT IS SUPPOSED TO BE... (1:00-2:00PM)

BRAD R. KAROLL, Ph.D., LCSW – Is sole proprietor of Positive Choices, a private practice dedicated to working with those individuals with substance use disorders, other addictive behaviors, and family members of affected individuals.

- ❖ TOPIC: THE STAGES OF CHANGE AS EVIDENCE-BASED PRACTICE (2:00-3:00PM)

**TIME:** 9:30AM – 3:30PM

**LOCATION:** TRI TOWNSHIP PARK, 410 WICKLIFFE STREET, TROY, IL 62294  
WIESEMAYER SENIOR CENTER (Lower Level)

**CONTACT:** PRAIRIE STATE PREVENTION EDUCATION, INC. – (618)520-6963 OR [ANDREA@SHAWLCSW.COM](mailto:ANDREA@SHAWLCSW.COM)

**REGISTRATION:** NOT REQUIRED BUT HELPFUL IN PLANNING REFRESHMENTS

ATTEND ONE OR ALL SESSIONS.

***Refreshments will be served.***