

MAY 7, 14, 21, AND 28 2025

11:30am-2pm

hosted and lunch provided by
**Petals of Peace, Blue Cross Blue Shield
CAPS, and Aitkin County**

Lunch and LEARN

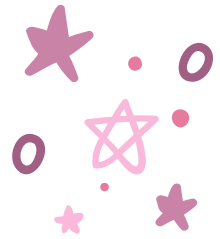
Please note that registration for these sessions is limited to 20 participants, so be sure to secure your spot early.
register at:

<https://www.eventbrite.com/cc/mental-health-awareness-lunch-and-learn-4184253> or scan code

May 7 COMET (Changing Our Mental and Emotional Trajectory)
learn how to reach out in meaningful, respectful, and supportive ways to friends, coworkers, or acquaintances that seem to be struggling somewhere between wellness and a mental health crisis.

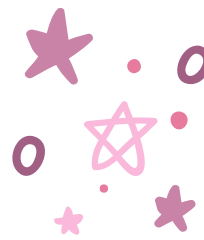


May 14 Changing the Narrative-
a conversation that empowers participants to change perception of mental health towards and hope and resilience



May 21 Make It OK- Learn about mental health and illnesses, the impact of stigma and how to combat myths with facts and resources

May 28 QPR (Question, Persuade, and Refer) learn to recognize a crisis and the warning signs that someone may be contemplating suicide



This event is made possible by the generous support of Blue Cross, Aitkin County, CAPS, and Petals of Peace, whose contributions have been invaluable in furthering our efforts to champion mental health within community.



209 MINNESOTA AVE N AITKIN