

April is National Stress Awareness Month
May is National Mental Health Awareness Month

Spring into Health Guest Speaker Sessions

A **free** educational series for all!



Suicide
Prevention
Network

Prevention starts here...

Mondays from 5:30-7 p.m. - See back of flier for details

Space is limited - please call to reserve a spot.

What:

When:

Frank Jacobelli, MSW, LCSW

Resilience in Later Life:
A Challenge for the Ages

April 29

RSVP by 4/25

Julie Dawers, RN, BSN & Amy Roby
Building Mindful Self-Care Strategies

May 6

RSVP by 5/2

Rachel Pryde, LCSW
Bridging the Gap Between
Parents and Children

May 13

RSVP by 5/9

Where: Partnership Douglas County Office
1625 State Route 88, Suite 104, Minden

To RSVP or for more information, call the SPN office:

775-783-1510

This programming is funded in part through the Douglas County Community Grant.

Spring Into Health Speaker Bios

Frank Jacobelli holds an MSW from USC and is a Licensed Clinical Social Worker, educator, and author. Over his 40-year career, Frank has worked with seniors, adolescents, active duty military service members, and first responders across numerous mental health settings. He is the mental health clinician for the Tahoe Sierra Critical Incident Stress Management team and facilitates Maturing Men's Group, an eight-week therapy and support group for men ages 50+, sponsored by SPN. **On April 29**, Frank will present healthy strategies to build personal resilience while navigating the later years.

Julie Dawers, RN, BSN, is the Case Manager for the Outpatient Behavioral Health and Vitality for Life Intensive Outpatient Program for Seniors at Carson Valley Health. Julie believes mental health and health should be synonymous terms. She obtained her Associate of Nursing from Western Nevada College in 2014 and her Bachelor of Science in Nursing in 2018 from Chamberlain College of Nursing. Julie is proud to call Northern Nevada her home and loves incorporating comedy, art, and coffee into her self-care practice. **(May 6)**.

Amy Roby is the Community Programs Coordinator at Suicide Prevention Network in Minden. She is passionate about sharing information related to wellness, connection, and healthy ways to meet life's challenges. Amy's teaching background includes experience in elementary, intermediate, and adult education settings, and she has written the Ranchos Roundup column in The Record-Courier newspaper for the past 20 years. Walking and stargazing are two of her favorite forms of self-care. **(May 6)**.

Rachel Pryde, LCSW, earned a Bachelor of Social Work from Brigham Young University-Idaho and a MSW from Eastern Washington University. Since 2012, her clinical practice has focused mainly on children and adolescents. Of her **May 13** talk, Rachel says, "Parenting sometimes feels like a rocky road. Kids and teens have developing brains that can't function on the same level as an adult's fully developed brain, creating a gap between us. This seminar is focused on bridging that gap by connecting with our children and teens at their level. Doing so can help make the parenting road a little less bumpy."

