Mental well-being and resilience Learning community

If you are interested in building resilience and mental well-being in your community, please join us for our monthly events held at dozens of locations across the state that include an onsite host, the showing of a webinar and onsite discussions. Events are focused on sharing insights, practical strategies and success stories about how Minnesotans are applying a public health approach to improve mental well-being for communities and all residents.

What to know

- Everyone is welcome.
- Learn about innovative strategies.
- Learn about funding opportunities.
- Grow local networks.
- Identify local needs and resources.
- Engage leaders across sectors.
- Contribute to local planning.
- Inform state policy.
MENTAL WELL-BEING WEBINAR

Event Details:
Last Tuesday of each month 10:00 a.m. - 12:00 p.m. at locations across the state.

Resister online
1. www.health.state.mn.us/mentalhealth/community.cfm
2. Find the listed location nearest you.
3. Join the conversation!

More information
http://www.health.state.mn.us/communities/mentalhealth/community