

Conshy United Presents
Mental Health and Wellness Programs and Events Spring 2024
All Events Take Place in Jillian's Café inside Conshy United

Conshohocken United Methodist Church
20 West 6th Avenue
Conshohocken, PA 19428
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Caregivers Dinner and Conversation- Th. 4/4, 6:30-8:30PM.

Amber Connell, MA, Licensed Professional Counselor, Owner, Therapist, and
Clinical Supervisor ALC Counseling and Therapy will facilitate this event

Conversation will cover a wide range of topics including coping strategies, self-care, resource sharing and open Q&A. All caregivers: folks caring for an elderly family member, parents of those with mental health conditions or disabilities, are invited to participate.

RSVP Free: <https://bit.ly/3Trn6Bt>

Hope4Tomorrow - Sun, 5/5, 5-7PM.

Access Services; Montgomery County Crisis Community Liaisons and Trainers Ty Williams, MA, and Lindsay Meehan Mayo, CPS, will lead this innovative program which is open to 7th-12th graders.

Participants engage in interactive ways designed to help them focus on the importance of their own health and wellness and develop strategies to help themselves and one another. Dinner provided. RSVP

Free: <https://bit.ly/48R1bYW>

QPR Training- Mon, May 6th, Dinner 6pm, Program 6:30-8:30pm.

Lindsay Meehan Mayo, CPS, Access Services; Montgomery County Crisis Community Liaison and Trainer will lead the training which is open to adults 18+. RSVP FREE: <https://bit.ly/43bEk9o> Childcare is available.

QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. This training prepares attendees to:

- Recognize the warning signs of suicide
- Ask someone about suicidal thoughts
- Offer and connect to help

Training is appropriate for: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and anyone who is positioned to recognize and refer someone at risk of suicide.