

# Conshohocken United Methodist

## Presents

### *Mental Health Mondays - May 2023*

*5 free community seminars designed by mental health professionals to provide adults and kids with insights and skills into the unique issues and challenges they are facing.*

#### WHAT/WHEN:

**Monday, May 1st – M/S and H/S Students:** Focus on building resilience and identity development. Facilitated by Joe Torres, M.Ed., Director of Youth Programs, HR Administrator, Therapist at The Welcome Project PA and Youth Connection leaders: Drew Montemayor and Colleen McFillin.

**Monday, May 1st – Parents of M/S and H/S Students:** Using positive discipline techniques and helping your kids build resilience and a strong identity. Parents will be introduced to some of the skills the kids will learn. Plenty of time for open-ended discussion. Led by Amber Lynn Connell, MA, LPC, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy

**May 8th: K-4th Graders and Their Parents:** Jenna Martorana, author of *"Pearl's Purpose: How One Little Girl Learned It's Okay to Not Be Okay"* will present the book. Everyone will have time to ask questions, participate in honest conversations around mental health and complete some activities designed to teach kids that it's okay to not be okay.

**Monday, May 15th - Young Adults** – The twenty and thirty somethings will focus on self-care activities, identity and community building. knowing when you or a friend needs support and how to talk with friends and family dealing with stress, anxiety, depression. Led by Amber Lynn Connell, MA, LPC, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy.

**Monday, May 22nd – Caregivers** – Coping strategies, self-care, and resource sharing for anyone who is a caregiver or friends and family members who want to be more knowledgeable about supporting their loved ones. All caregivers: folks caring for an elderly family member, parents of those with mental health conditions or disabilities, are invited to participate. Led by Amber Lynn Connell, MA, LPC, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy.

#### EVENT DETAILS: 6PM-8:30PM

- Doors Open at 6PM for snacks and conversation.
- Programs begin at 6:30PM
- Childcare available.
- ADDRESS: Conshohocken United Methodist Church 20 W. 6th Avenue, Conshohocken, PA 19428

**REGISTER FOR THESE FREE EVENTS:** <https://bit.ly/40YKMrs>

**HOST/CONTACT:** Conshohocken United Methodist Church Pat Patterson (610) 828 1250 or [Admin@conshyunitied.com](mailto:Admin@conshyunitied.com)

#### MEET THE FACILITATORS:

- **Amber Lynn Connell**, MA, LPC, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy. Amber is a Licensed Professional Counselor in PA since 2012 and has over 15 years of experience in various outpatient mental health practices providing services to clients of all ages with a variety of clinical needs. She graduated from Immaculata University with a BA in Psychology in 2008 and obtained a MA in Clinical Psychology from West Chester University in 2010. Amber is also a Clinical Licensure Supervisor in PA and is the current secretary of PS-SAIGE (The PA Society for Sexual, Affectional, Intersex, and Gender Expansive Identities in Counseling). She values giving back to her community and profession as a member of CPW Rotary and by offering workshops and trainings to community members, other professional counselors, and students about topical mental health needs with a focus on providing affirmative counseling and supervision to LGBTQIA+ clients. Amber launched her private practice, ALC Counseling and Therapy, in 2021 where she provides specialized clinical services. When she's not working, Amber enjoys powerlifting, watching Philly sports, reading, and hanging out with her husband and their dog, Scruffs.
- **Jenna Martorana**, MS School Counseling, Berks Mental Health and Developmental Disabilities Advisory Board, National Alliance on Mental Illness (NAMI) Youth Ambassador and Presenter. Jenna graduated from Millersville University with a BA in Multidisciplinary Studies- Applied Disability Studies and a minor in psychology. She holds a MS in School Counseling from Kutztown University. Jenna published her first children's book "Pearl's Purpose" to promote honest conversations around mental health and teach kids that it's okay to not be okay.
- **Joseph Torre**, M.Ed., Director of Youth Programs, Therapist at The Welcome Project PA. Joe is an LGBTQIA+ knowledgeable, pre-licensed counselor specializing in youth and gender identity development. He provides LGBTQIA+ therapeutic services, facilitates youth programming, and serves as the HR Administrator for The Welcome Project PA. Joe received a M. Ed. in Counseling Psychology from Temple University. He has also completed a graduate certificate program for Gender, Sexuality, and Women's Studies at Temple University, preparing him to meet our diverse community's needs better. Joe also has an extensive career in human resources.
- **Drew Montemayor and Colleen McFillin** co-hosts [Youth Connection - Conshohocken UMC \(conshyunitied.com\)](https://bit.ly/40YKMrs) monthly video chats. Youth Connection is an all-inclusive, non-faith-based group, promoting positive mental health for middle & high school students. We offer free activities using varied mediums addressing topics of interest and concern to youth with the aim of developing tools and strategies to deal with challenges positively.