

Presented in collaboration with



COMET

CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY

JOIN US FOR A *FREE* TRAINING
ON MENTAL HEALTH WELLNESS



APRIL 24TH

1-3PM OR 4-6PM

NORTHLAND COLLEGE

ROOM 201

This training will teach participants simple tools to reach out to friends, neighbors or coworkers who seem to be struggling and will help you to feel comfortable initiating a supportive conversation.

REGISTER NOW



Everyone Welcome!

Each session is limited to 40 participants

Questions, please call 218-796-5144

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