



## The Mental Health Toolbox

Presented by: Rebecca Schmitz

*"It's ok not to be ok, but  
together we can take one step  
towards happiness"*

The Mental Health Toolbox is an interactive, visually engaging resource designed to educate and empower individuals in developing effective coping strategies.

It supports symptom management, fosters the development of healthy and positive relationships, promotes confident boundary-setting, and encourages individuals to pursue their aspirations through intentional goal setting.

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## Free Training Opportunity!

Join us on Monday, May 4th,  
11am - 1pm for this hands on training.

Registration is required.  
Lunch will be provided.  
Registration closes April 28th.

Training location:  
Zion Lutheran Church Basement  
308 Lambert St, Oklee MN

### **Three ways to register:**

Scan QR code

Email [accounting@mail.co.red-lake.mn.us](mailto:accounting@mail.co.red-lake.mn.us)

Call Penny at (218)253-3113

