

Join us for an important WORKSHOP on
**The Difference Support makes in
DEVELOPING RESILIENCE**

Presented by Mark Meier

**THURSDAY, MAY 16th • 10:00am-12:00pm
at Crosslake Presbyterian Church**

This workshop will explore aspects of mental health related issues as associated with Adverse Childhood Experiences (ACEs) and explore the resilience possible through peer support and family involvement. The conversation will also address the work of *Face It Foundation* on working with male depression.

Mark Meier is a co-founder of the *Face-It Foundation* and a Licensed Clinical Social Worker with 24 years of clinical, professional, and academic experience in the field of mental health. He has delivered over 350 talks and trainings across the United States on mental health related issues and has been a frequent contributor to KARE-11, KFAN, WCCO, and the Star Tribune. In 2009, Mark co-founded the Face It Foundation to provide free support services to men who deal with depression and who have survived suicide attempts. Today, Face It serves over 150 men each month with support groups, education, retreats, and other recovery-based activities. Along with his work at Face It, Mark is on staff in the University of Minnesota's School of Medicine and he is an adviser for multiple research studies on depression/anxiety through the University of Texas Southwestern Medical Center.



Workshop is free, but please pre-register on line at www.crowwingenergized.org/events



Crosslake Presbyterian Church

Pastor Tony Oltmann | www.crosslakepres.org
14444 Daggett Pine Road, Crosslake | 218.6924769

Sponsored by the ACEs Resiliency Coalition (ARC) and



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