

Let's Talk Mental Health

Tools for Healing and Wholeness

So many people are having a hard time right now. . . but it doesn't have to be this way. The purpose of this event is to help families identify mental health difficulties and offer some practical tools that lead toward healing and wholeness.

This community event is open to adults and children ages 10+ on Sunday, May 21, from 4 to 5:30 PM at Bedford Presbyterian Church (4 Church Rd., Bedford, NH 03110).

NOTE: This event will include discussions of suicide and other difficult topics.

Workshops led by local experts:

- *Living with Depression and Anxiety* – Mark Baddely (M.Ed., M.A. LCMHC), Pastoral Counseling Services of Manchester
- *Naming Abuse and Combatting Sexual Violence* – Emma Dolan, YWCA of Manchester
- *Peer Support and Building Resilience: Tools for Healing* – Christine Phillips, Friends of Aine
- *Signs of Crisis and How to ACT* – Kara LaMarche, Mental Health Educator
- *Anti-Anxiety Activities: Play, Draw, Write, and Breathe Your Way Out* – John Sawyer, Bedford Presbyterian Church

Presented by:



Bedford
Presbyterian
Church



Scan QR Code to register or visit:
<https://bit.ly/letstalkmentalhealth23>

The Bedford School District and Bedford Presbyterian Church have partnered together to offer this event with no agenda other than seeking the wellness of our community and the people who live here.



Mark Baddeley, Licensed Clinical Mental Health Counselor primarily focuses on working with children and adolescents. He is certified in EMDR, a research-based treatment for trauma and anxiety, which he uses with adults as well as adolescents. In addition to his work with clients and their families, Mark provides clinical supervision for Master's-level clinicians who are pursuing licensure.



Emma Dolan, Community Education Coordinator at YWCA New Hampshire, performs case management assessments with the intent to develop and implement treatment plans, care plans, crisis plans and provide direct service and necessary referrals. She works with adults with severe and persistent mental illness, linking them to community resources to improve quality of life while seeking treatment.



Christine Phillips, Co-Founder of "Friends of Aine," believes that children are our greatest gift. She seeks to help children and families grieving a death to navigate their path to a hopeful future by supporting grieving children and families, educating our schools and community about grief, and advocating to raise awareness of grief as a public and mental health issue.



Kara LaMarche, Mental Health Educator is the founder of Connect the Dots NH, an online guide for mental health resources in New Hampshire, connecting people with healthy ways to fight depression and prevent suicide. Kara is certified in Youth Mental Health First Aid and the SOS Signs of Suicide program and has trained thousands of Granite Staters in youth mental health. She also serves on the Bedford School Board and is passionate about the wellbeing of children and families in our community.



The Reverend Dr. John Sawyer, pastor of Bedford Presbyterian Church, is proud to serve a church that envisions a congregation, community, and world that is more loving, peaceful, and whole. As a musician and writer, John finds the arts to be a place of connection and healing for many people.