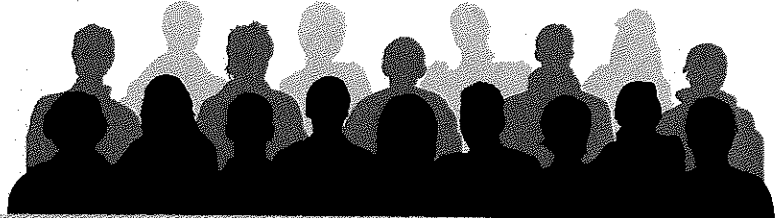




**Jefferson Center**  
for mental health



# AUDIENCES

# Wanted!

Are you interested  
in learning more about  
mental health and  
wellness?

Is there a topic related  
to mental health that you would  
like to know more about?

## The Speaker's Bureau

at Jefferson Center shares our resources and knowledge **free of charge** with businesses, civic clubs, church groups, schools, and other organizations in our area. We'll share information on a wide range of mental health topics by mental health therapists, executives and other experts in the field.

It's our way of saying "thanks" to our neighbors of more than **55 years** and contributing to healthier communities!

Choose from frequent topics or let us develop a presentation in your area of interest.

### CURRENT TOPICS INCLUDE:

- Dealing with Depression
- Suicide Prevention and Grief
- Managing Life Stresses
- How to Achieve Good Mental Health
- Understanding the Effects of Trauma
- Jefferson Center for Mental Health: Your Mental Health Resource
- Managing Grief and Loss
- Positive Self-Esteem

**CALL US  
TODAY!**

For more information, contact Jill Hartmann  
at 303-432-5144 or e-mail [jillh@jcmh.org](mailto:jillh@jcmh.org)

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