

BEHAVIORAL HEALTH SERVICES

2021 Adult Monthly Education Series

Domestic Violence Services, ASTOP and the Solutions Center will be hosting an online, educational series. These sessions are educational in format and will last one-hour long through Zoom. The program is open to anyone in the community. Please e-mail Rhianna@astop.org to preregister for event. If you have questions, call **(920) 926-5395**.

Every second Thursday of the month at 4 p.m.

January 14 - Human Trafficking

February 11 - Stress Management and Coping

March 11 - Red Flags and Toxic Relationships

April 8 - Sexual Violence Awareness/Consent

May 13 - Mental Health Awareness

June 10 - Trauma Education

July 8 - Self-esteem and Body Image

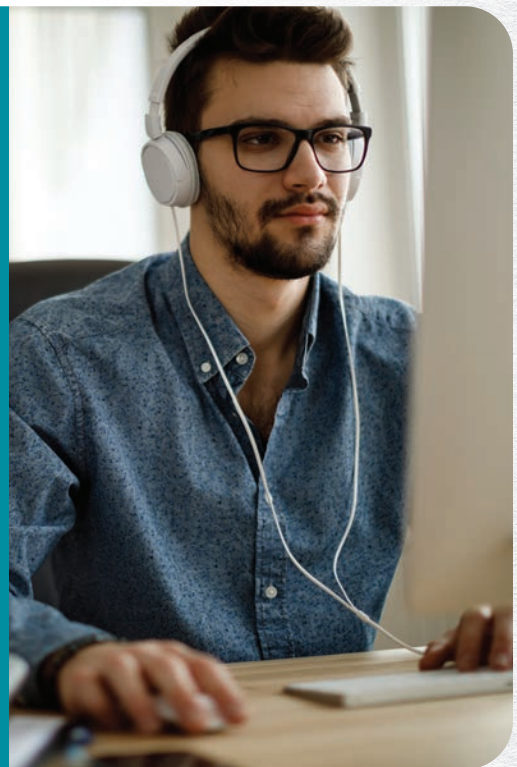
August 12 - Communication Skills/Technology

September 9 - Boundaries

October 14 - Domestic Violence 101/Awareness

November 11 - Healthy Relationships

December 9 - Mental Health Maintenance Plan



<https://zoom.us/j/97148552337?pwd=OWliV3ZHU3RUMzdMUzY1cnZkVktxZz09>

Meeting ID: 996 8416 1590 • **Passcode:** 741741

Important things to consider when signing onto Zoom:

- Your name/username will appear to others in community in this group. If you're concerned about confidentiality, you are welcome to be anonymous or use a pseudonym.
- Questions will be taken during session through chat box only.
- A community agreement will be discussed at the beginning of session and by joining you are agreeing to follow the expectations listed in that agreement.