

# Coping Skills for Emotional Crisis

## Emotional Wellness Series

**Bonnie Castro** is an expert in Dialectical Behavioral Therapy (DBT) with 10 years of professional and personal experience in practicing DBT. She is certified by the state of Kansas and Missouri as a Peer Specialist. She has been working for Mental Health America of the Heartland for 5 years. She started with MHAH as a Peer Support Specialist and now is Manager, Peer Services. She has extensive knowledge in suicide prevention, DBT skills training, and evidenced based recovery tool and models.



**WHAT:** 1.5 hour educational program

**WHEN:** Tuesday, February 21, 2012; 6:30 p.m. – 8:00 p.m.

**WHERE:** First Christian Church of Blue Springs, 701 NW 15<sup>th</sup> Street, Blue Springs, MO 64015

**WHO SHOULD ATTEND:** This workshop will be of benefit to persons with depression and related mental health conditions, their families and significant others, as well as care providers. The community and healthcare professionals are welcome to attend.

**After attending this program the participant will be able to:**

- Discuss with participants how a person's beliefs of the world and self can affect the ability to handle crisis emotionally.
- Gain deeper understanding of how the mind and body reacts to emotional crisis in the moment.
- Describe evidenced based coping skills used during a crisis to regulate emotions and why mindfulness is important to regulating emotions in the moment.

**REGISTRATION: Program is free. 1.5 CEU's (Certificate of Attendance)**

Please complete form below and mail/fax prior to workshop. Any Questions? Contact Stacy Davis at 913-281-2221 ext. 112 or [sdavis@mhah.org](mailto:sdavis@mhah.org); This free workshop "Coping Skills for Emotional Crisis Workshop" is held at First Christian Church of Blue Springs on Feb. 21, 2012.

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Fax** \_\_\_\_\_ **Email** \_\_\_\_\_

