# Certificate of Attendance

## TWIN CITIES JEWISH COMMUNITY 26th ANNUAL MENTAL HEALTH EDUCATION CONFERENCE

The Annual Mental Health Education Conference is a program of Jewish Family and Children's Service of Minnesota

Sunday, October 11, 2026
9 a.m. – 4 p.m. (4 contact hours)
Breakout sessions (60 minutes per session)

- ☐ Journey into a Mental Illness
- ☐ How to Talk About Sensitive Issues Between Parents and Children
- ☐ Reenvisioning Men's Mental Health: A Community Conversation on Connection, Collaboration, and Change
- ☐ Strategies for Managing Wellbeing & Relationships During Politically Divisive Times
- ☐ Taking Care of Each Other: How Trauma-Informed Communities Create the Conditions for Healing
- ☐ Applying DBT Skills in Real-Life Situations
- ☐ Expanding the Healing Toolbox: Complementary Approaches to Mental Health
- ☐ Ask A Rabbi: Jewish Perspectives on Mental Health
- ☐ Hope and Healing: Suicide Prevention Through DBT's "Life Worth Living" Framework
- ☐ Embracing Peer to Peer Support
- ☐ Showing Up for One Another: Community, Mental Health, and Collective Healing
- ☐ Feeling Less Alone in The Sandwich Generation
- ☐ Harnessing Your Personal Agency
- ☐ Stepping Into Gratitude: Small Practices, Meaningful Change
- ☐ Closing Session: Why our stories matter



Conference Official

Attendee

10/11/26

Date