

COME CHANNEL YOUR FLANNEL

South Central CareerForce Partner **TRAINING DAY**

Mental Health & Nutrition • Trauma Informed Training •
Team Building • Stress Management

SOUTH CENTRAL SERVICE COOPERATIVE

2075 Lookout Drive,
North Mankato

**TUESDAY,
OCTOBER 29TH
9AM-3PM**

Registration begins at 8:30AM

**REGISTER
HERE**

Register by:
October 18, 2024

The goals of South Central CareerForce Partner Training Day are

- Getting to know and trust partners
- Learn how you are part of a larger team
- Enhance communication between partners
- Learn about programs & services offered by partners
- Address common training needs of CareerForce Partners

PLEASE HELP US CELEBRATE THE FALL BY WEARING FLANNEL

NOTE: TO COVER THE COST OF THE EVENT/FOOD, A SMALL REGISTRATION FEE OF \$45 WILL BE INVOICED TO YOUR AGENCY.

**South Central Training Team: Becky Burnham, Sara Carrigan, Ryan Lais, Sarah Longtin,
Anna Nelson, Michele Rademaker, Tiffany Vanden Einde and Laura Wenzel**



CHANNELYOUR FLANNEL

South Central CareerForce Partner

TRAINING DAY

Building Resilient and Supportive Workplaces: A Trauma-Informed Training

This training delves into the understanding of trauma and stress, examining their impact on individuals, organizations, and the people they serve. Participants will gain effective strategies to build personal resilience and cultivate a supportive workplace environment. These strategies will empower attendees to navigate challenges, enhance well-being in both their professional and personal lives, and foster welcoming and engaging workplace settings.

Presenters:

Kristen Friedrichs, Brown-Nicollet-Le Sueur-Waseca (BNLW) Statewide Health Improvement Partnership (SHIP)

Kaley Hernandez, Faribault & Martin Counties Health & Human Services, Public Health Planner / SHIP Coordinator

Caroline McCourt, Faribault & Martin Counties Health & Human Services, Public Health Planner / PHEP Coordinator

Mental Health & Nutrition

Learn about an evidence-based view of how what we eat affects our mental health and how we can improve our diets to improve our health.

Presenters:

Dr. Shelly Brandenburger, PhD, RD, LN Associate Professor, Family Consumer Science Dept., Minnesota State University – Mankato

For more than 20 years, Dr. Brandenburger has been studying, researching and teaching about the role of nutrition in health, including a focus on the role of nutrition in mental health.