

STOP *the* Stigma

@stopthestigma406

REJUVENATING MIND, BODY & SPIRIT

September 17 -26, 2021

ALL EVENTS FREE & OPEN TO ALL

The Sober Life Recovery Run

Friday, September 17 • 4:30 PM • West Bank Park

Join us for a family-friendly event by running in solidarity for all who have been affected by addiction & alcoholism. FREE & open to the public. Register on Event Brite. Follow The Sober Life on Facebook @TheSoberLife406.

Tales to Sobriety with Casey Guenther *

Monday, September 21 • 6-7:30 PM • Heritage Hall-Great Falls College

Join us for this powerful open mic night event in which individuals in recovery share their journeys out of addiction and into sobriety in a creative and inspiring way.

Unpacking *The Social Dilemma* *

Wednesday, September 22 • 4:30-6:15 PM Documentary Screening

6:30-8 PM Panel Discussion • Heritage Hall-Great Falls College

If you are concerned about how technology is influencing your family life, this documentary and discussion are a must!

Resilient Compassion: A Workshop for Educators *

Thursday, September 23 • 12:15-2:15 PM • Heritage Hall-Great Falls College

Dr. Jordan Quaglia & Charlotte Rotterdam

Educators work hard to care for the well-being of others, yet commonly report difficulties in extending themselves the same kind of care. Learn about self-compassion. OPI renewal credit available. REGISTER ON EVENT BRITE.

Loneliness & Compassionate Resilience and Tools for Self-compassion *

Thursday, September 23 • 6-8:00 PM • Heritage Hall-Great Falls College

Dr. Jordan Quaglia & Charlotte Rotterdam

This talk considers this dilemma in relation to key findings from scientific research on both loneliness and compassion, with particular emphasis on how compassion can help to foster more genuine connection in modern life.

POSITIVE PSYCHOLOGY: Learn it! Practice it! Do it!

Friday, September 24 • 9:00 AM- 4:00 PM • Gathering Hall-Alliance for Youth

Positive psychology is all the rage in the therapy world, but do you really know what it entails? Learn more in this CEU Event for Mental Health Professionals. REGISTER ON EVENT BRITE.

Central Montana Out of the Darkness

Sunday, September 26 • Noon • Paris Gibson Park

Join in this community event to raise hope, awareness, and funds to support suicide prevention, awareness, education and advocacy. Registration for the walk at afsp.org/centralmt.

* AVAILABLE IN PERSON & VIA ZOOM MEETING ID 739 535 359

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