Presenters: Linda Slaikeu, MA LMFT  
Outreach/Assessment Coordinator  
Amery Behavioral Center

In this day and age when so many things are vying for our time and attention, it is a constant challenge for families to stay connected. In this brief presentation you will learn about the basic types of family rituals, gain more awareness of how rituals assist families and individuals through development stages, and helps them navigate through transitions and role changes. You will also be encouraged to hear what the research has to say about the mental health benefits of meaningful family rituals.

The Mental Health Benefits of Meaningful Family Rituals and Traditions

When: Thursday, September 24th, 2015 at 10:30am

Where: Amery Congregate Dining Meal Site at the Amery Congregational Church

RSVP to the Amery Meal Site if you plan to stay for the lunch served at 11:30 by calling 715-268-6818 at least 48 hours in advance!

Learn and Lunch!