



Mental Health Resource Fair



Idaho State University

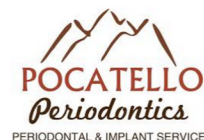
Continuing Education and Workforce Training

Location	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30
108A Self-Care	Community Support and Resources Panel Discussion Kyle Hanson / Brad Baker Matt Hardin / Tricia Harvala		Mindfulness Nisha Suwa / Robin Bajracharya		Connections Between Physical and Mental Health Melinda Peterson	Qi Gong Daphne Larsen	Creating Meaningful Relationships Bill McKee		Resilience Chad Bannister		Exercise and Nutrition Nicolle Clay	
108B Beyond Self-Care		Pharmaceuticals Sarah Wegemer		Understanding Mental Illness: Signs, Symptoms, Treatment and Recovery Dr. Ravsten		Adverse Childhood Experience's (ACE's) Impact on Mental Health Shannon Fox		Recognizing Crisis Matt Hardin		Suicide Prevention Rhonda D'Amico		Sound Meditation Daphne Larsen

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Silver Sponsor



Check out the Exhibitors!

- ISU Counseling and Testing
- ISU CEWT
- ISU Master Occupational Therapy
- ISU START
- ISU Bengal Pharmacy
- Southeast Idaho Behavioral Crisis Center
- Community Mental Health Services
- Idaho Childrens Mental Health
- Area Agency on Aging
- Lifechange Associates
- Your New Spring
- Intune Idaho Yoga Studio
- Portneuf Sangha
- Inner Connected Wellness
- The Visualization Healing Center
- Southeastern Idaho Public Health- Home Visit Program
- Family Service Alliances of SE Idaho
- Grief Recovery Method Specialist
- Southeastern Idaho Public Health
- City Creek Counseling
- Elevated Mental Awareness
- Idaho Network 4 Mental Wellness
- Bannock Youth Foundation
- Children's Mental Health/Youth Empowered Services
- Blue House Spiritual Wellness Center
- Hope and Recovery Resource Center
- Mental Wellness Centers
- Gateway Counseling
- Gate City Boxing Club
- Dragonfly Wellness
- Planet Research Group
- A New Way Counseling
- Portneuf Valley Family Center
- Fitness Inc
- Cody Evans Counseling
- Mind Your Body
- Redford Counseling and Family Services