



WOMEN
IN
RECOVERY

SPEAKER
SERIES

4th
WEDS
JAN-OCT

Hennepin Avenue United
Methodist Church
511 Groveland Ave
Minneapolis, MN 55403

6:30pm Refreshments & Fellowship
7:00pm Programming



June 26, 2019

SOCIAL MEDIA IMPACTS ON MENTAL HEALTH, RELATIONSHIPS & RECOVERY

Molly Kehr

Molly Kehr, LMFT, will be speaking on the positive and negative impacts of social media. She will help us answer questions such as:

- How can we be aware of possible warning signs that social media is negatively impacting our lives, relationships and recovery?
- How can we set boundaries and limits to help create a healthier balance when using social media?



Molly is a licensed marriage and family therapist as well as the director of business and clinical development at Midwest Center for Personal and Family Development. Molly has enjoyed working with individuals, families, couples, and groups for over 12 years, and has worked in various mental health settings, including a drop-in program for adults with Serious and Persistent Mental Illness, and Adolescent DBT Day Treatment program, and clinic management. Over the last few years, technology and the impact it can have on a person's mental health, their relationships and general life satisfaction has become an area of special interest for Molly, and she believes that education, understanding and awareness are vital as technology continues to evolve.