



# wellness matters

FREE MENTAL HEALTH TALKS IN ST. ALBERT

End your day with a coffee and treat, while learning more about how you can improve your mental, emotional and spiritual wellness. Presenters belong to the Rivers Edge Counselling Centre team.

**JANUARY 17 | 7:00PM**

Kristeen Britton

***The Mind-Body Connection***

**FEBRUARY 7 | 7:00PM**

Ramona Kotke Gapp

***Making Relationships Work  
When it Feels like Work***

**FEBRUARY 21 | 7:00PM**

Danielle Moody

***Mental Health in First  
Responder Populations***

**MARCH 7 | 7:00PM**

Wanda Dennelly

***Effective Co-parenting  
in the Midst of Conflict***

**MARCH 21 | 7:00PM**

Glenda Sartore

***You Are How You Breathe***

**APRIL 4 | 7:00PM**

Andrea Thrall

***Parenting in  
Blended Families***

**APRIL 18 | 7:00PM**

Natalie Zaifdeen

***The Masks We Wear: A Path  
Towards Living Authentically***

**MAY 2 | 7:00PM**

Lisa McMorrow

***Grief and Loss***

**MAY 16 | 7:00PM**

Teddie Knowlton Fussell

***Building Community  
to Combat Loneliness***

**JUNE 6 | 7:00PM**

Rhonda Wizniak

***When Your Child Struggles  
with Reading: Strategies  
to Help Over the Summer***

**JUNE 20 | 7:00PM**

Melanie Samaroden

***Nutrition and Mental Health***

**SEPTEMBER 12 | 7:00PM**

Olive Okraku

***Trauma and Resilience***

**SEPTEMBER 19 | 7:00PM**

Jasmine Fuls

***Understanding Perfectionism  
When Good is not Good  
Enough***

**OCTOBER 3 | 7:00PM**

Lori Tiemer

***Manage Your Pain;  
Take Back Your Life***

**OCTOBER 17 | 7:00PM**

Grant Wardlow

***Mindfulness Meditation:  
Breathing Your Way  
to Calmness***

**NOVEMBER 7 | 7:00PM**

Jorge Ortiz

***Helping Your Adolescent  
Manage Anxiety:  
Mindshift App Review***

**NOVEMBER 21 | 7:00PM**

Lindsey McColl

***Raising Resilient Teens***

**DECEMBER 5 | 7:00PM**

Petrina Runke

***Practicing Self-Compassion***