

### Priority Pre-Conferences (Taking You Beyond the Basics)

When: Thursday, April 24th

Where: Wyndham 700 E. Adams St. Springfield, IL

**Costs**: \$50 (Inclusive of a boxed lunch and ministry resources)

Registration Required

#### Schedule:

8:30 Registration 9 AM-3 PM Conference Workshops 3 PM Dismiss

### **Pre-Conferences Offered**

# Mental Health First Aid Certification (CEUs provided upon completion)

Most of us would know how to help if we saw someone having a heart attack — we'd start CPR, or at the very least call 911. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or coworker might be showing signs of alcohol used disorder.

Mental Health First Aid takes the fear and hesitation out of starting these conversations by improving understanding and providing an <u>action plan</u> that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge. When more people are equipped with the tools to start a dialogue, more people can get the help they need. Mental Health First Aiders are a vital link, connecting those experiencing a mental health or substance use challenge with appropriate support."

Source: /////www.mentalhealthfirstaid.org/about/

## Writer's Workshop

Writers have so many platforms to share their content, but not every writer understands the audience that they are writing to, so they miss ways to engage. This workshop will share strategy on best practices when Writing a Devotion and Creating Content for social media. Participants learn from other practitioners and experts in the field, equipping them with practical tools that can be applied immediately to their writing. The workshop is designed to allow time for writers to create and gain feedback from facilitators Michelle Hicks, Managing Editor for Journey magazine with Lifeway Women and Zach Pratt Marketing Strategist with National WMU will facilitate the workshop.