

# Mental well-being and resilience

## Learning community



If you are interested in building resilience and mental well-being in your community, please join us for our monthly events held at dozens of locations across the state that include an onsite host, the showing of a webinar and onsite discussions.

Events are focused on sharing insights, practical strategies and success stories about how Minnesotans are applying a public health approach to improve mental well-being for communities and all residents.

### What to know

- **Everyone is welcome.**
- **Learn about innovative strategies.**
- **Learn about funding opportunities.**
- **Grow local networks.**
- **Identify local needs and resources.**
- **Engage leaders across sectors.**
- **Contribute to local planning.**
- **Inform state policy.**

## Event Details:

**Last Tuesday of each month 10:00 a.m. - 12:00 p.m. at locations across the state.**

## Resister online

1. [www.health.state.mn.us/mentalhealth/community.cfm](http://www.health.state.mn.us/mentalhealth/community.cfm)
2. Find the listed location nearest you.
3. Join the conversation!

## More information

<http://www.health.state.mn.us/communities/mentalhealth/community>



At the Minnesota Department of Health we work for all people and communities to have what they need to be healthy.

Visit us at [www.health.state.mn.us](http://www.health.state.mn.us)

*To obtain this information in a different format, call 651-201-3627. Printed on recycled paper. 5/19*