May is Mental Health Awareness Month

Kenosha County Job Center · 8600 Sheridan Road Kenosha, WI
Entrance A · Room North 2 · 6 - 8 p.m.

This free series will provide information to individuals and families related to mental health and well-being. Reservations are requested to assure adequate seating and handouts. Call 262-605-6646 or e-mail debbie.rueber@kenoshacounty.org. This event is sponsored by the Kenosha County Mental Health Coalition and funded by Just Live, Inc.

Wednesday, May 15, 2019
MENTAL HEALTH AND VIDEO GAMING
presented by Barb Bigalke, Executive Director Center for Suicide Awareness

Learn how video games can be part of the solution for mental health struggles. Understand the terms and the Video Gaming connection that can help as a coping mechanism. All video games are not just about screen time. Learn some of the newest additions to help people with anxiety and depression.

Tuesday, May 21, 2019
MEDICATION SAFETY
presented by Andrea Wood, Pharmacist Good Value Pharmacy

Learn the pharmacist’s role in medication safety, why safe storage is important to you and your family’s safety and tips on the dos and don’ts of medications. Learn how compliance packaging can simplify your medications. Free pill boxes and File of Life will be available.

Wednesday, May 29, 2019
OBSESSIVE COMPULSIVE DISORDER
presented by Dr. Paula Young
Rogers Behavioral Health, Skokie IL

Learn what obsessive compulsive disorder is, the signs and symptoms, causes, and how it is diagnosed and treated. Learn some tips on how to support someone with OCD.