

MAY 4, 6, 11, 18, AND 26 2026

11:30am-2pm

4:30pm-7:30pm

hosted and meal provided by
Petals of Peace &
Blue Cross Blue Shield

Nourish and KNOW

May 4 and 6- What I Wish My
Parents Knew documentary and
discussion

May 11- CALM- CALM Conversations is
divided into four sections. In Section 1,
participants learn basic facts and
misconceptions about suicide, common risk
factors and warning signs, and the
importance of means safety in keeping at-
risk individuals safe. In Section 2,
participants learn to ask about mood and
suicide, with opportunities to practice
asking questions in their own words. Section
3 focuses on connecting at-risk individuals
to both formal and informal sources of
support. Section 4 focuses on discussing
means safety and making the environment
safer for the at-risk individual until their
mood state improves.

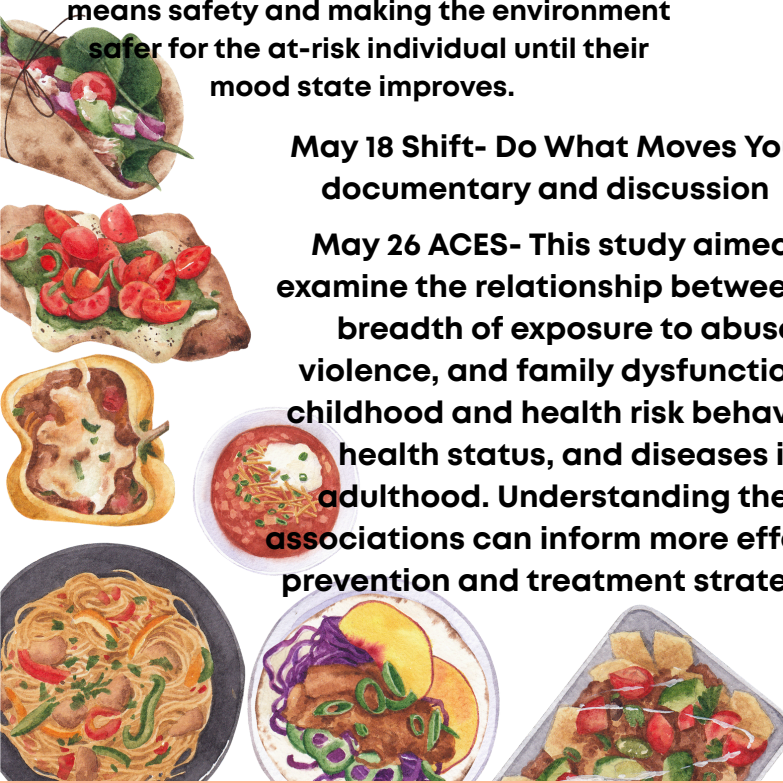
May 18 Shift- Do What Moves You
documentary and discussion

May 26 ACES- This study aimed to
examine the relationship between the
breadth of exposure to abuse,
violence, and family dysfunction in
childhood and health risk behaviors,
health status, and diseases in
adulthood. Understanding these
associations can inform more effective
prevention and treatment strategies.

Please note that registration for these
sessions is limited to 20 participants, so
be sure to secure your spot early.

register at:

<https://www.eventbrite.com/e/1986130901993?aff=oddtcreator> or scan code



BlueCross
BlueShield
Minnesota



This event is made possible by the
generous support of Blue Cross and Petals
of Peace, whose contributions have been
invaluable in furthering our efforts to
champion mental health within community.

209 MINNESOTA AVE N AITKIN