

COMMUNITY

wellness expo

Presented By Orthopaedic
Hospital of Wisconsin

RESOURCE FAIR

Come check out vendor tables
with resources to support
your physical, mental and
financial wellness!

Free and Open to the
Community!

Workshops and Presentations
Raffles
Chair Massages
and More!



Workshops and Informational Presentations

Overview of Mental Illness and De-escalation Strategies | 5:30 - 6:30PM

Presented by the National Alliance on Mental Illness (NAMI) Waukesha
Learn about a range of mental health conditions and some strategies for working with people who are living with these illnesses and may experience a psychiatric crisis.
Appropriate for 18+ years of age; geared toward adults.

The Power of Positive Parenting | 5:30 - 7:00PM

Presented by Children's Hospital of WI
Triple P teaches families how to spend less time battling misbehavior and more time building close relationships. You'll develop positive parenting skills to manage stress and encourage healthy habits, and that can mean more good days for your family.

Question. Persuade. Refer. (QPR) Training | 5:30 - 7:00pm

Presented by REDgen
QPR is an emergency response to someone in crisis and can save lives. This training will teach how to recognize the warning signs and risk factors of suicide, how to ask the question, provide hope and persuade someone to continue living.
Limited to the first 50 people. Appropriate for students in 9th grade and up as well as adults.

Stories of Hope | 7:00 - 8:00pm

Presented by the National Alliance on Mental Illness (NAMI) Waukesha
Stigma-reducing presentation about recovery given by people living with a mental health condition.
Appropriate for 15+ years of age.

Addicted to the Screen | 7:00 - 8:00pm

Presented by One Source Wellness & Chiropractic
Learn about the addictive nature of technology, the widespread social and psychological effects it's having on our society and what you can do to start changing it.
Appropriate for 16+ years of age.



24
January

Thursday, January 24, 5PM - 8PM
New Berlin West High School, 18695 W. Cleveland Ave., New Berlin

Proceeds to benefit the Education Foundation of New Berlin
<https://sites.google.com/efnb.org/efnb/home>

For more information contact: Amanda Ferguson, amanda@efnb.org

Proud partners
with the
School District
of New Berlin

