

Oscar nominee! Comedy/Drama; R; 137 min.
1991

Community Room, lower level
Sponsored by NAMI & PWPL Friends

- Tues. May 28 @ 12:00-1:00pm

Anxiety

Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenters: XXX, MD

Psychiatrist
Marquette General Behavioral Health

- Tues. May 28 @ 4:00-6:00pm

Book Study: Are Your Prescriptions Killing You? See May 7

- Wed. May 29 @ 12:00-1:00pm

Role of Diet & Exercise on Depression & Anxiety

Losing weight is challenging for everyone. It can be particularly difficult for someone with a serious mental illness. Clinical studies prove that a modified diet and exercise program can work for people with serious mental illnesses.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, MA, LPC, CAAC

Therapist, Great Lakes Recovery Centers

- Thurs. May 30 @ 12:00-1:00pm

Managing Depression

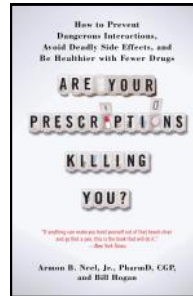
Learn strategies to manage the symptoms of depression, promote positive thinking, alleviate stress, and boost self-esteem.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, MD

Psychiatrist
Marquette General Behavioral Health



Join the Book Study!
Are Your Prescriptions Killing You?

by Armon B. Neel, Jr. & Bill Hogan
Meets on the 4 Tuesdays in May @ 4:00-6:00
Conference Room, main floor

Your Mind Matters:

a program series which strives to raise awareness of mental health issues, highlight community resources, reduce the stigma of mental illness, and promote the importance of mental wellness for all.

The series of events are sponsored by a coalition of community health organizations, advocacy groups, individuals, and the Peter White Public Library.

Peter White Public Library thanks these organizations for sharing their time & talents to make this year's series of events possible:

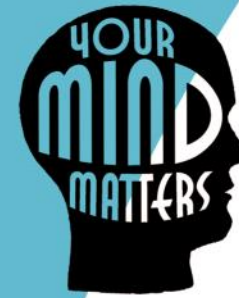
Friends of the Peter White Public Library



Great Lakes Recovery Centers

Healing Individuals, Families, and Communities for over 25 years.

For more information visit www.pwpl.info
or call 906-226-4318



YOUR MIND MATTERS

Raising Awareness of Mental Health

May 2013 Events

**PETER WHITE
PUBLIC LIBRARY**
217 N. FRONT ST.
MARQUETTE, MI 49855

Your Mind Matters 2013 Events

All programs are held at Peter White Public Library
No admission charge

- Wed. May 1 @ 12:00-1:00pm

Obsessive-Compulsive Disorder

Anxiety disorder in which people have unwanted and repeated thoughts, feelings or behaviors, that make them feel driven to do something.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, LMSW

Clinical Supervisor

Marquette General Behavioral Health

- Mon. May 6 @ 1:30pm

Film: *The Snake Pit*

Stars Olivia De Havilland, Mark Stevens & Celeste Holm
1948; NR; 108 min.

A woman finds herself in a state insane asylum and can't remember how she got there.

The asylum staff are not demonized, but fear, ignorance & regimentation keep Virginia in a state of misery while her doctor struggles to find the root of the problem. Six time Oscar nominee!

Community Room, lower level

Sponsored by NAMI & PWPL Friends

- Tues. May 7 @ 4:00-6:00pm

Book Study: *Are Your Prescriptions Killing You?* by Armon B. Neel, Jr. & Bill Hogan

Fifth-generation pharmacist Armon B. Neel, Jr., is on a mission to help patients understand how the medications they take can affect them—for better or worse.

Discussion group meets Tuesdays:
May 7, 14, 21 & 28.

Conference Room, main level

Facilitator: XXX, MS, MFT, LLP

Clinical Practices Coordinator

Pathways Community Mental Health

- Thurs. May 9 @ 12:00-1:00pm

The Ten Signs of Alzheimer's

Learn the 10 warning signs of Alzheimer's Disease to know when to see a doctor. Early diagnosis

gives a chance to seek treatment and plan for the future.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX

Regional Programming Coordinator

Alzheimer's Association

Greater Michigan Chapter, Marquette

- Tues. May 14 @ @ 12:00-1:00pm

Trauma & Youth

Even from as young as 18 months, children can be affected by traumatic events and have serious problems later in childhood and adulthood. But with help from families, providers, and the community, children and youth can demonstrate resilience when dealing with trauma. Learn the signs that could be indicate that a child is having difficulty dealing with a traumatic event.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, LMSW

Therapist, Pathways Community Mental Health

- Tues. May 14 @ 4:00-6:00pm

Book Study: *Are Your Prescriptions Killing You?* See May 7

- Wed. May 15 @ 12:00-1:00pm

Attention Deficit Hyperactivity Disorder

ADHD has symptoms that may begin in childhood and continue into adulthood and can cause problems at home, school, work, and in relationships.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, PsyD

Psychologist

Marquette General Behavioral Health

- Wed. May 15 @ 7:00pm

Film: *Silver Linings Playbook*

Stars Bradley Cooper, Jennifer Lawrence & Robert DeNiro

After a stint in a mental institution, former teacher, Pat Solitano, moves back in with his parents and tries to reconcile with his ex-wife.



Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own. 8 time Oscar nominee winning Best Actress for Jennifer Lawrence!

Romantic comedy; R; 122 min. 2012
Community Room, lower level
Sponsored by NAMI & PWPL Friends

- Tues. May 21 @ 12:00-1:00pm

The Psychology of Happiness

Exploration of the nature of positive & negative emotions, and the psychological and cognitive processes involved in their generation.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, LMSW, CAADC, LPC

Clinical Supervisor

Great Lakes Recovery Centers

- Tues. May 21 @ 4:00-6:00pm

Book Study: *Are Your Prescriptions Killing You?* See May 7

- Thurs. May 23 @ @12:00-1:00pm

Metabolic Syndrome of Psychotropic Drugs

Exploration of the link between certain medications and weight gain, type II diabetes and cardiovascular disease.

Lunch & Learn: bring a bagged lunch or buy from the library café.

Community Room, lower level

Presenter: XXX, MD

Psychiatrist, Marquette General Behavioral Health

- Thurs. May 23 @ 7:00pm

Film: *The Fisher King*

Stars Jeff Bridges
& Robin Williams

A former radio DJ, suicidal and despondent because of a terrible mistake he made, finds redemption in helping a deranged homeless man who was an unwitting victim of that mistake. Five time

