

Join Common Ground, The Presbyterian Urban Network and Metropolitan Community Church of Portland as we welcome Naomi J. Caster who is offering our Monthly Series: Conversations & Skill Building for our Mental Health and Well-being

Naomi says, "I am a positive and energetic leader who has 20+ years of experience in the Mental Health field, most of which has been with SPMI and dually diagnosed adults, older adults, teens and youth. I have been in leadership for the last 15 years and have a strengths-based focused leadership style that encourages employees to work at their best through direct communication and accountability. My goal is to provide a recovery-focused environment in the programs that I work in where participants have opportunities to learn and grow and experience successful lives to the best of their ability. I value diversity in the workplace and strive for a dynamic and diverse team of staff to best serve the needs of our participants and stake holders."

Are you curious to learn more about understanding and supporting mental health? All are welcome to attend this series. Conversation and skill building opportunities are designed to equip the average non-professional with important basic mental health info. Each session is designed and facilitated by Naomi Caster (MS, LMFT, CADC II), with more than 20 years of professional experience in the mental health field. All are welcome to attend these FREE gatherings held Second Sundays of the month from 12 noon to 2 pm.



Our next two month's are currently planned:

January 9-***Isolation & Loneliness*** What our elders need, What all of us can be mindful of

February 13-***QPR***— a national certification for ***suicide prevention***

Mark your Calendar & invite friends and family, and join us for a single month, or for the whole series.

We'd like your input going forward

Additional topics could be:

- Dealing with depression
- Boundaries
- Substance use recovery (this is very broad and could be broken down)
- Anxiety in the pandemic
- Conversation on Mental Health & Wellness with Youth & Children

Other topics you would like addressed _____

Name: _____ optional (you can email input to the office)