



INSIGHT PAVES THE ROAD TO COMPASSION

Virtual Continuing Education Event

Thursday, March 11th 6:30 - 8:00 pm CST

Insight Paves the Road to Compassion

The goal of this presentation will be to help start the conversation surrounding how BeFrienders can be aware of challenges that may accompany a mental health diagnosis. We will discuss how to assess distress and provide participants with interventions necessary to reduce discomfort and risk to those struggling. Standard signs and symptoms of depression, anxiety, and other common mental health disorders will be outlined as well as assist you in being able to identify a crisis. Briefly covered will be some responses to the above-mentioned challenges, so that you will leave the evening with a bit more insight as to how you can be supportive. The world we are currently living in is an uncertain one and can leave any one of us vulnerable to mental health related crises. Thank you for your interest in building insight into this important topic. After all, Insight Paves the Road to Compassion.

Event Details

Date: March 11, 2021

Time: 6:30-8:00 pm CST

Participate from the comfort of your home or office.

Fee: \$20.00 per participant

Prior to March 11, you will receive an email with a link to attend the virtual event.

How to Register

Online: www.befrienderministry.org

Continuing Education / National Office Events

Mail: Complete registration form and send with payment to:

BeFriender Ministry National Office
1120 E. 80th Street, Suite 105
Bloomington MN 55420



Presenter: Natalie Kenyon, LICSW

Natalie Kenyon is a Licensed Independent Clinical Social Worker and a Mental Health Clinical Educator. She has dedicated her career to building insight and understanding surrounding the topics of Mental Illness, and the different ways that certain illnesses impact those living with them. Natalie graduated from Winona State University in 2006 with a Bachelor's degree in Social Work and earned her Masters of Social Work from the University of Wisconsin, Madison in 2014. Natalie's goal is to help serve those living with challenges related to mental health, and to educate others on the different ways in which we can be supportive. She believes fully that the more knowledge people have about things they may not understand, the more compassion they can bestow upon another person in some of those crucial moments of pain, for which compassion is the only antidote. Insight breeds compassion and empathy. Compassion and empathy foster connection, and connection is the key to healthy and supportive relationships. Connection to others can also be the pathway out of darkness for some, and it is Natalie's goal to help light the way.

BEFRIENDER MINISTRY

God is Present • Caring, not Curing • Active Listening • Nonjudgmental Presence

1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • www.befrienderministry.org



REGISTRATION FORM

Insight Paves the Road to Compassion Virtual Continuing Education Event

Thursday, March 11th, 2021

Time: 6:30 - 8:00 pm CST

For each additional registrant please list the name, address, phone number, and e-mail address on the back OR include a separate list with contact information for each person.

Name _____

Phone _____

Home Work Cell

E-mail _____

Preferred mailing address:

The address above is my: Home Church/organization

Church / Organization name and address:

Credit Card Information

VISA MasterCard Discover

Personal card Church/org card

Name as it appears on card (please print):

Billing address _____

City, State, Zip _____

Card number _____

Expiration date _____ CVC# _____

Signature _____

HOW TO REGISTER

- Complete the registration form, mail with payment to the BeFriender Ministry National Office at the address below
- Register and pay online at www.befrienderministry.org and choose Continuing Education/National Office Events

REGISTRATION and PAYMENT

_____ Number of registrations x \$20 = \$_____

A check payable to BeFriender Ministry in the amount of \$_____ is enclosed.

I authorize BeFriender Ministry to charge \$_____ to the credit card listed above.

Registrations are non-refundable. If you are unable to attend the session, you may transfer your registration for someone to attend the same session for which you were registered. Please notify the BeFriender Ministry office with the transfer information.

**BeFriender Ministry ♦ 1120 E 80th Street ♦ Suite 105 ♦ Bloomington, MN 55420
952-767-0244 ♦ info@befrienderministry.org ♦ www.befrienderministry.org**