

**The Michigan Department of Community Health &
The Michigan Association of Community Mental Health Boards**

Presents:

*Coping Skills for Stress
and Trauma*

Come join us as we learn how to cope with stress and trauma from the perspective of mental health consumers who have experienced trauma. This workshop will give you skills to deal with the day-to-day stress from trauma and mental illness in our lives. Developing skills in a group setting will help us learn from each other. These skills are transforming and enlightening. There is no cost for this workshop. Everyone is invited; consumers, staff and the community.

Featured Speakers:

Cynthia Brooks, Site Reviewer, Division of Quality Management and Planning, Bureau of CMH Services, Michigan Department of Community Health

Tim Grabowski, Site Reviewer, Division of Quality Management and Planning, Bureau of CMH Services, Michigan Department of Community Health

Colleen Jasper, Director, Office of Consumer Relations, Michigan Department of Community Health

The Michigan Department of Community Health, through the Michigan Association of CMH Boards, has provided funding for this initiative through a Federal Community Mental Health Block Grant.

TRAINING DETAILS

Agenda for all dates/locations	
10:30am – Registration – 12:00pm Lunch (included) - 2:00pm Adjourn	
Where & When	Overnight Accommodations
<u>March 18, 2010</u> Community Mental Health for Central Michigan 301 S. Crapo St Mt Pleasant, MI 48858	Comfort Inn University Park Conference Center, 2424 S Mission Mt Pleasant, MI 48858 Call (989) 772-4000 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>April 9, 2010</u> Lifeways 1200 N. West Ave, Jackson, MI 49202	
<u>April 28, 2010</u> McGuire's Resort 7880 Mackinaw Trail Cadillac, MI 49601	Call (231) 775-0780 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>June 1, 2010</u> Ramada Plaza Ojibway Hotel 240 W. Portage Ave. Sault Ste. Marie, MI 49783	Call (906)-632-4100 and mention that you are with MACMHB to receive a \$65/night + tax rate.
<u>June 2, 2010</u> Cheboygan Memorial Hospital 748 S. Main St. Cheboygan, MI 49721	Best Western River Terrace 847 S. Main St. Cheboygan, MI 49721 Call (231) 627-5688 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>July 29, 2010</u> Otsego Club Resort & Conference Center 696 M-32 East Gaylord, MI 49734	Call (989) 732-5181 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>August 26, 2010</u> Best Western Splash Inn 5005 W. US-10 Ludington, MI 49431	Call (231) 843-2140 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>September 14, 2010</u> Great Wolf Lodge of Traverse City 3575 N. US Hwy 31 S Traverse City, MI 49684	Call (866) 274-3203 and mention that you are with MACMHB to receive a \$65/night + tax rate
<u>September 15, 2010</u> Holiday Inn Express 1751 US 131 Petoskey, MI 49770	Call (231) 487-0991 and mention that you are with MACMHB to receive a \$65/night + tax rate

For directions from your location to a training site go to Mapquest at www.mapquest.com

Coping Skills for Stress & Trauma – Attention: Annette Pepper

There is no fee for registration

(registration is required for attendance includes lunch and training materials)

3 EASY WAYS TO REGISTER

ONLINE:

WWW.MACMHB.ORG

Click on
conferences & trainings

BY FAX:

517-374-1053

BY MAIL:

MACMHB
426 S. Walnut
Lansing, MI 48933

Please check ✓ the location/date you plan to attend

- March 18, 2010 ♦ Mt. Pleasant**
- April 9, 2010 ♦ Jackson**
- April 28, 2010 ♦ Cadillac**
- June 1, 2010 ♦ Ste. Sault Marie**
- June 2, 2010 ♦ Cheboygan**
- July 29, 2010 ♦ Gaylord**
- August 26, 2010 ♦ Ludington**
- September 14, 2010 ♦ Traverse City**
- September 15, 2010 ♦ Petoskey**

Cancellation Policy: Since there is no fee for this event, we request written cancellation notice if you find that you are unable to attend once you have registered. This assists us with meal counts and allows others to attend who may have been turned away because of limited space. Fax or email notifications to Annette Pepper at 517-374-1053 or apecpper@macmhb.org

(Please Type or Print)

First/Last Name: _____ **Title:** _____

Agency/Board: _____

Address: _____ **City/State/Zip:** _____

Phone: _____ **Fax:** _____

Email: _____

Special Needs: If you have special needs, please specify: _____
Arrangements for special needs will be honored for those written requests received 10 business days prior to the training. Clearly state your specific needs for dietary restrictions, mobility assistance, interpreters, etc. All attempts for on-site requests will be made.

Emergency Contact Name: _____

(Day Phone): _____ **(Evening Phone):** _____

Billing Address (if different than above): _____

City/State/Zip: _____

Questions?? Call MACMHB at 517-374-6848