

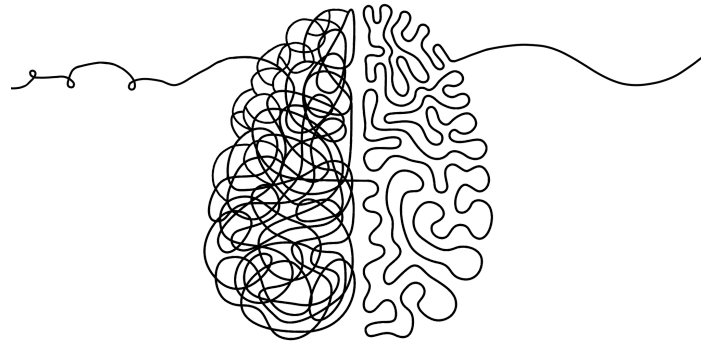


**Naomi Ruth Cohen**

Institute for Mental Health Education  
at The Chicago School of Professional Psychology

## 21st Annual Community Mental Health Conference

# Untying the Human Knot: Managing Stress and Anxiety in Today's World



### Our Conference Panel:



Gabriela Diaz  
Panelist



Orson Morrison, PsyD  
Panelist



Paula Young, PhD  
Panelist



Michael Horowitz, PhD  
Moderator



Saturday June 10th, 2023



\$45; CE/CEUs + \$25  
Scholarships Available



9:30 am - 3:30 pm



Evanston Township High School  
1600 Dodge Ave  
Evanston, IL 60201



Can't join in person?  
Register to view our  
panel presentation via  
free livestream!

### Who should attend?

Anyone in the community who has experienced stress or anxiety, individuals and families directly affected by mental health challenges or concerns, and mental health professionals

### Conference Schedule

8:30 am - 9:30 am  
Doors open/Check-In/Exhibit  
Hall

9:30 am - 11:15 am  
Panel Presentation

11:30 am - 12:30 pm  
Breakout Session 1

12:30 pm - 01:15 pm  
Lunch (provided)

1:15 pm - 2:15 pm  
Breakout Session 2

2:30 pm - 3:30 pm  
Breakout Session 3

3:30 pm - 4:00 pm  
Networking Session

### 2023 Conference Sponsors



**American  
Foundation  
for Suicide  
Prevention**



Mental Wellbeing



Ascension



Celebrating  
35  
YEARS



Learn More/Register Now!