

I Am Safe Training

Community Mental Health & Prevention Program
Offered **FREE** by Isanti County Public Health & movemindfully



What is it

A hands-on training with simple tools to help manage stress, anxiety, practice self-regulation—and share them with others.

Tentative workshop dates

Kickoff: August 26
September 11, 18, 25
October 9, 23, 30
November 13 (back-up)



Public Health
Prevent. Promote. Protect.
Isanti County



move**mindfully**®

Who it's for

Adults, parents, youths, educators, students, public health staff, families, caregivers.

What you'll learn

- Stress & emotion tools
- How stress affects the brain & body
- Psychoeducation, self-regulation and mind-body practices
- Sharing coping skills



For more information,
contact 763-689-1711