



Fall 2024 Meeting

October 3rd, 2024

Red Wing Public Library Foot Room

Coalition Meeting: 10am - 12pm

Lunch (provided): 12pm - 1pm

COMET Training: 1pm - 3pm

*Space for training limited to 30 participants

RSVP Required

The Goodhue County HHS Board is invited to attend the Mental & Chemical Health Coalition's Fall Meeting on October 3rd. Come meet the new Youth Prevention Team at River Bluff Education Center working to tackle substance use, learn about the connection between cannabis and mental health, and hear how Pine Island Schools is using ARPA funding to create a HOPE Squad to support student mental health and prevent suicide.

Following the Coalition Meeting, we will be hosting a FREE lunch and networking event as well as a COMET Training. COMET (Changing our Mental & Emotional Trajectory) is an interactive training that teaches participants how to reach out in a meaningful, respectful, and supportive way to people who seem to be struggling. COMET empowers us to be more prepared to support others' mental health needs and connect with people **before** they are in crisis.

Please scan the QR code to register:

