Lake City SUICIDE PREVENTION COALITION

MINDING YOUR MiND
www.mindingyourmind.org

Lake City Suicide Prevention Coaltion Presents

# MINDING YOUR MIND

## Just Talk About It

This program opens with a Minding Your Mind professional educator discussing the signs and symptoms of the mental health issues most prevalent in adolescents through young adulthood, and how to know the difference from typical teenage behavior. The young adult speaker adds a real-life story that illustrates the information from our program facilitator, transforming it all into relatable experiences. All are welcome! This event is open to youth, professionals, families, and community members alike. Join us for an evening of connection, learning, and open conversation.

**SCHEDULE**
**TUESDAY, NOVEMBER 17TH, 2026**
**RESOURCE TABLES: 6:30-7:00 PM (FOYER)**
**JUST TALK ABOUT IT 7:00-8:00 PM (AUDITORIUM)**
**LINCOLN HIGH SCHOOL**
**300 S. GARDEN ST. LAKE CITY, MN**

**Tom Horner M.Ed**
**Regional Director & Program Facilitator**



**David**
**Young Adult Speaker**

