**A heart with a brain and pencils

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**MindFest Speakers Schedule**

**Our Lady of the Pines Catholic Church**

**Lower Level**

**What’s Your Peace? *Ways to support our own and other’s wellbeing***

10:00am ~ Rooms 1,2,3

*Speaker: Vincent Atchity, CEO, President, Mental Health Colorado*

**Self-care in Stressful Times**

11:10am ~ Room 1

Speaker: Carrie Lehtonen, Yoga Instructor

**Living & Thriving with Mental Health Issues**

11:10am ~ Room 2

*Lived experiences and journeys of 3 people managing their mental health issues*

**Cyber-Bullying: *Protect Yourself***

11:10am ~ Room 3

*Speaker: Heather Kassman, Resilience1220*

**LGBTQ+ Youth & Support**

12:00pm ~ Room 3

*Speaker: Heather Aberg, Resilience1220*

**Tips & Tricks for Mental Wellbeing: *Understanding the Brain***

12:00pm ~ Room 4

*Speaker: Jim Halderman, neuroscientist and author*

**Befriending Anxiety: *Getting acquainted with anxiety and its symptoms***

12:10 pm ~ Room 2

*Speaker: Bryn Murphy, BlueRaven Family Counseling*

***Managing Our Human Emotional Rollercoaster***

1:00pm ~ Room 3

*Speaker: Dr. Theresa Gilliland, FNP, PMHNP, DNP*

**Wild Wisdom: *Nature as pathway to self-discovery and wellbeing***

1:00 pm ~ Room 4

*Speaker: Maria Rosa Galter, Transformational Nature-Connected Coach*