

## Mental Well-Being and Resilience Learning Community

Last Tuesday of each month - 10:00 AM - 12:00 PM

The Minnesota Department of Health leads a monthly learning opportunity for anyone who is interested in building resilience and promoting mental well-being.

**Learn:** About effective well-being strategies and practical implementation steps from communities across Minnesota.

**Dream:** About creating thriving communities, families and youth.

**Plan:** Community and state action plans. Develop opportunities to partner with people in your community who are interested mental well-being and resilience.

**Details:** This is an interactive monthly statewide webinar and local discussion.

Webinars spotlight innovative strategies to promote mental well-being and resilience, emphasizing community-based and community-driven initiatives. Gatherings will include practice discussions, sharing similar efforts in your location, relevant research or resources, networking, and planning next steps.

**Registration:** See registration links for each session below.

<https://www.health.state.mn.us/communities/mentalhealth/community.html>