

Mondays with Micah Group - May 19, 2025 7:00-8:30pm

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8, NRSV

Lord of Life Lutheran Church Sanctuary - 6190 Fairview Rd N.

ALL ARE WELCOME: NO FEES, NO REGISTRATION

Companion Presentations with Discussion

1. Make it Okay with Gail Mueller



Gail Mueller is a community volunteer trained by the American Foundation for Suicide Prevention (AFSP). She educates Crow Wing County residents on mental health and suicide prevention. The loss of her brother by suicide in 2010 moved her to become a mental health advocate. She presents 'Make It Ok' presentations and also facilitates the Suicide Loss Support Group that meets monthly at the Northland Arboretum in Brainerd.

"Make it Ok" is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses. 1 in 4 people in Crow Wing County will experience a mental illness. Our speaker will share her own experience with depression after the loss of her brother. Making it ok to talk about mental health is what this presentation is all about.

2. The Basics of ACEs with Julie Christensen



Julie Christensen, MSW, LICSW is a licensed mental health professional and board approved clinical supervisor for Nystrom and Associates in Baxter. Her mental health experience includes outpatient therapy, crisis intervention, group therapy, individual and group skills, school based mental health, and clinical supervision. She co-chairs the Crow Wing Mental Health Alliance, is a member of the Crow Wing Energized steering committee, and an adult advisory member for The Lighthouse Project.

Adverse childhood experiences (ACES) can have long-term negative impacts on health, opportunity, and well-being. Resilience is necessary for recovering from those impacts. The basics about ACES and Resiliency will be presented.

You are invited to invite a family member or friend to come with you!