



## **Mental Health 101**

### **A Class in Health & Wellness**

**Instructed by: Rick Pribbernow**

This class provides a brief overview of mental health and an understanding of the most common questions, such as:

- What is mental illness and what are the most common mental illnesses?
- How is mental illness treated and how do medications work?
- How do you know if you need help?
- How can I help someone I care about who is experiencing mental illness?

**Thursday, April 16th, 2020, 6:00-8:00pm**



**Location: Ken Schilaty Learning Center**  
**5908 Evergreen Way, Everett, WA 98203**

**Complete and return the registration forms to [collegeofhope@housinghope.org](mailto:collegeofhope@housinghope.org) or register on Eventbrite by visiting our website [www.collegeofhope.org](http://www.collegeofhope.org)**

**Register by Friday, April 3rd, 2020**