

2B CONTINUED

# Build Your Own Mental Health Toolbox



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## WORKSHOP DETAILS

FREE

### DAY & TIMES

Wednesday, May 6

Option 1: 1:00 - 3:00 PM

Option 2: 5:00 - 7:00 PM

### LOCATION

2B CONTINUED Office

305 7th Street East

Glencoe, MN 55336

### REGISTER HERE



[www.2BCONTINUED.org/events](http://www.2BCONTINUED.org/events)

Join 2B CONTINUED for a free, hands-on **Mental Health Toolbox Workshop** led by artist and mental health educator Rebecca Schmitz.

You'll receive a red wooden toolbox and materials to create 13 symbolic tools that represent coping strategies and reminders for stressful or challenging moments. By the end of the workshop, you'll leave with a personal toolbox of tools and reminders you can return to when you need them.

## Your Host

Rebecca Schmitz

Creator of the Mental  
Health Toolbox



This activity is made possible in part by the voters of Minnesota through a grant from the Southwest Minnesota Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.