JAY WALKERS

FREE EVENT

LUNCH 'N' LEARN

WITH

JOHN SOMMERS-FLANAGAN, PHD

"Ten Things Everyone Should Know About Mental Health, Suicide, and Happiness*"



* A casual gathering with serious potential to change your mind about all of the above.

TUESDAY

NOVEMBER 17 AT 12:00 PM

BON AIR LIBRARY, RICHMOND, VA

9103 Rattlesnake Rd, Richmond, VA 23235

BYO Lunch ~ Soft Drinks & Treats Provided

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JAY WALKERS

"Ten Things Everyone Should Know About Mental Health, Suicide, and Happiness"

After 40 years working as a mental health professional, I (John S-F) have discovered an array of myths that may inadvertently contribute to ever-rising mental health and suicide problems in youth and adults. In this presentation, we will go on a rollercoaster ride through 10 misconceptions about mental health, suicide, and happiness that will knock your socks off. And perhaps, as we have fun learning together, you may be inspired to think a little differently about suicide prevention and the pursuit of mental health, and happiness.

About our Special Guest

John Sommers-Flanagan received his Bachelor of Science in Psychology from Oregon State University in 1979, and his Ph.D. in Clinical Psychology from the University of Montana in 1986. He is currently Founding Director of the Phyllis J. Washington Center for the Advancement of Positive Education (CAPE) at the University of Montana, a counselor educator, a clinical psychologist, and author or coauthor of over 100 publications. His books, co-written with his wife Rita, include Theories of Counseling and Psychotherapy in Context and Practice (4th ed., Wiley, 2026), Clinical Interviewing (7th ed., Wiley, 2024), and Suicide Assessment and Treatment Planning: A Strengths-Based Approach (American Counseling Association, 2021). John is a popular keynote speaker and professional workshop trainer on (a) counseling youth, (b) working with parents, (c) strengths-based suicide assessment and treatment, (d) clinical interviewing, and (e) evidence-based happiness. He is co-host of the Practically Perfect Parenting Podcast, and, like Elaine on Seinfeld, widely renowned for his dancing skills.



Questions? Email erin@jay-walkers.org