

FIND YOUR *Freedom*

Mental Health Summit for the Utah Deaf Community

9:00 am – 10:30 am

Melissa Yingst of Melmira (she/hers)

Keynote Address (Gym)

"Turning Anxiety Into My Superpower"

10:30 am – 10:45 am

Break

10:45 am – 11:45 am

Gym *Kimberly Thornsberry (She/her/hers)*

Lecture Hall *Brian Tingley (He/Him/His)*

First Workshop Session

"Living with Imposter Syndrome as a Deaf Person"

"The Journey of Unknowns"

11:45 am – 12:45 pm

Lunch provided for all attendees (Gym)

12:45 pm – 1:45 pm

Gym *Jim Macedone (He/him)*

Lecture Hall *Karen Pendleton (she/her)*

Second Workshop Session

"Suicide Prevention: How to detect it in others and yourself"

"Puzzle Pieces of Wellness: Tips for living your best YOU"

1:45 pm – 2:00 pm

Break

2:00 pm – 3:00 pm

Gym *Jim Macedone (He/him)*

Lecture Hall *Kimberly Thornsberry (She/her/hers)*

Third Workshop Session

"Anxiety Mitigation: How do I deal with feelings of overwhelm?"

"Mental Health Self Care"

9:00 am – 3:00 pm

Exhibitor Booths (Lobby/Gym)



Robert G. Sanderson Community Center
for the Deaf and Hard of Hearing
5709 S 1500 W, Taylorsville, UT 84123

FEBRUARY 18, 2023