

# Super Saturday – Oct. 5, 2019

## Free Parent Education Conference



Join NAMI Minnesota & School District 196 Community Education for a **free Super Saturday Parent Education Conference** on October 5th at Eagan High School. This event is designed to meet the needs of biological, foster and adoptive parents, family members, paraprofessionals, and others who work with or care for children with and without a mental health diagnosis.

**Saturday, October 5, 2019, 8:00 am – 2:00 pm**  
**Eagan High School/Dakota Hills Middle School**  
**4185 Braddock Trail, Eagan, MN 55123**

### **Keynote Address: Dr. Nancy Binford**

Dr. Binford holds a PhD in clinical psychology with a specialty in neuropsychology. She has done extensive training on trauma and how it affects individual's ability to regulate their emotions, develop safe and secure relationships, as well as their daily living skills.

**Breakout sessions include:** Managing Challenging Behaviors, Special Education, Trauma, Mindfulness for youth, Family Communication Strategies, Suicide Prevention, Cyber Addiction, Chemical Use, What Autistic People Wish You Knew, Crisis Planning, Depression and Anxiety, Wellness, Self-Care, and more!

**Registration** includes refreshments and a light lunch. Participants will also have dedicated time to learn about local resources.

**Childcare** is available for ages 3-12 at no cost for families who pre-register.

**Register online at**

**<https://supersaturday-eagan10-5.eventbrite.com>**



DISTRICT 196  
**COMMUNITY EDUCATION**  
One District. Infinite Possibilities.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.