

# Luzerne-Wyoming Counties Mental Health & Developmental Services 2022 Spring Webinar Series Wednesday Evening in May 2022

Featuring Speakers from:

## MINDING YOUR MiND



**Date: 5/11/22**

**Time: 5:30 pm - 6:15 pm**

**Presenter: Brooke**

Brooke comes from a childhood full of dysfunction. She never learned healthy ways of experiencing and expressing deep emotions. She grew up having to present a happy face even when she wasn't happy, which led to becoming progressively hopeless, insecure, and lacking self-worth

She engaged in reckless behaviors such as drinking, drugs, and self-harm, hoping they'd help her escape from the pain she felt. By the time she left middle school, she felt like life wasn't worth living, and in high school things got worse.

Brooke has learned that her best way to recovery is through self-love, consistency, and believing in herself. She hopes to impart knowledge around letting go of self-doubt and negative coping mechanisms by replacing them with positive skills and attitudes. Brooke has come to learn how to build mastery around things she loves to do, and that doing so increases her confidence and self-esteem. Now, Brooke realizes that she is ALWAYS worthwhile, no matter what her feelings may tell her. Today, she lives with two of her favorite coping mechanisms, her two dogs and one cat. She makes bagels, is a personal chef, and, with Minding Your Mind, is living out her dream of being a mental health speaker and offering all she can to help others.

**All sessions will be via Zoom Webinar or view live via Facebook Live @LWSOCI**

**Register Here for Zoom Invites:**

<https://www.luzernecounty.org/Activities/Activity/Detail/LuzerneWyoming-Counties-Mental-Health-De-751>

