

# Around the area

VANCOUVER

## Clark College tackles mental health

A look at warning signs for alcohol and drug abuse kicks off another quarter of "Mental Health Mondays" discussions at Clark College.

Licensed mental health counselor Stephanie Spak will lead the discussion from noon to 1 p.m. Jan. 10 in the Penguin Student Lounge.

The Lounge is in the Penguin Union Building on Clark's main campus, 1933 Fort Vancouver Way.

All MHM events are free and open to the public. Driving directions and parking maps are available at: <http://www.clark.edu/maps>.

The series continues each Monday through March 7, except for Jan. 17 and Feb. 22, when the college will be closed in observance of federal holidays.

The sessions are sponsored by the Clark College Counseling Center; winter quarter "Warning Sign" sessions and suicide prevention talks are cosponsored by the college's Behavioral Intervention Team. Those discussions may extend up to an additional hour, based on demand that week.

For more information, telephone 360-992-2902.

Future topics and hosts:

■ Jan. 24, suicide prevention, Veterans Administration Medical Center representative.

■ Jan. 31, Asperger's and autism, Michael Brooks, Ph.D.

■ Feb. 7, the therapist's role in gender transition, Reid Vanderburgh, licensed marriage

and family therapist.

■ Feb. 14, cultural differences and mental health, Christine Lau, Asian Health & Service Center.

■ Feb. 28, warning signs of threatening behavior, Cpl. Duane Boynton, Vancouver Police Department.

■ March 7, group therapy in daily life, social worker Nan Narboe.