

Clark College announces Mental Health Monday sessions

Clark College's Mental Health Mondays series will return in 2011 for the winter quarter, offering insights and opinions on a number of social issues.

Mental Health Monday discussions will be every Monday, starting Jan. 10, 2011, noon-1 p.m., in the Penguin Student Lounge, located in the college's Penguin Union Building on the main campus, 1933 Fort Vancouver Way, Vancouver. The series will continue each Monday through March 7, except for Jan. 17 and Feb. 22 when the college observes federal holidays.

The Mental Health Monday sessions are sponsored by the Clark College Counseling Center. The winter quarter "Warning Sign" sessions and the discussion of suicide prevention are co-sponsored by the college's Behavioral Intervention Team. Those sessions may be extended for an additional hour based on the issues

discussed.

The following schedule is for the winter 2011 Mental Health Monday sessions:

- **Jan. 10:** Warning Signs: Alcohol/Drug Abuse, presented by licensed mental health counselor Stephanie Spak.
- **Jan. 24:** Suicide Prevention, presented by a Veterans Administration Medical Center representative.
- **Jan. 31:** Asperger's and Autism, presented by Michael Brooks, Ph.D.
- **Feb. 7:** The Therapist's Role in Gender Transition, presented by licensed marriage and family therapist Reid Vanderburgh.
- **Feb. 14:** Cultural Differences and Mental Health, presented by Christine Lau from the Asian Health and Service Center.
- **Feb. 28:** Warning Signs of Threatening Behavior, presented by Cpl. Duane Boynton of the Vancouver Police Department.
- **March 7:** Group Therapy in Daily Life, presented by Nan Narboe, Master of Social Work degree.