

THRIVE TALKS

Speaker Series: Inspiring Healthy Families

Presented by Thrive Counseling Center

7:00 p.m. — 8:30 p.m.

Oak Park Public Library, Main Library, Veterans Room
834 Lake Street, Oak Park, IL 60301

May 9, 2019

Help, Healing, and Hope for Families Living with Mental Illness

with Marian Sasseti, MD, FAAFP

Confusion, sorrow, isolation, and helplessness are emotions common to families facing mental health challenges. Come hear how families can find help for their loved ones and support for themselves. Learn where to turn for resources and how empowering it can be to ask for help. Learn how the myth of the "normal family" gets in the way of healthy healing and how we can all help dismantle this myth. We will also explore how rapidly evolving research in brain function and self care hold hope for healing and happiness.

- ◆ Dr. Sasseti is a family physician who has lived and worked in the community for over 25 years.
- ◆ She is an assistant professor of Family Medicine at Rush Medical School and has enjoyed teaching learners about illness, health, and well-being across a person's lifespan.
- ◆ Over the years Dr. Sasseti has developed a personal and professional interest in ministering to people with mental illness and in advocating for families and patients who have mental health challenges.
- ◆ Dr. Sasseti is an expert in violence against women and teaches health care providers across the country how to recognize and minister to victims of violence. She is excited about developing opportunities to collaborate with communities and families in preventing sexual violence and its mental health consequences.

All THRIVE TALKS are open to the public and free of charge.

For questions please contact Monique Slater at m Slater@thrivecc.org or 708.383.7500 x322

<https://www.thrivecc.org/thrive-talks/>



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