



# MENTAL HEALTH: *A COMMUNITY CONVERSATION*

Free Event | No Registration | Childcare Provided

When: Thursday, October 11<sup>th</sup>  
Time: 5:30 - 8:30pm  
Where: Gilbert High School  
Who: Students, Families, and  
Community Members



## KEYNOTE SPEAKER

Lyndsey (Medderes) Fennelly was a 4-year starter and All-American at Iowa State University, who then was drafted in the WNBA in 2007. Upon graduation she began training athletes both mentally and physically, offering motivational speaking, and serving as a volunteer for community services in need. Recently she opened CampusCycle, a beat driven spin studio with 2 locations in Ames and Ankeny. Most importantly she's a wife to current Iowa State Women's Basketball Assistant Coach, Billy Fennelly, and a Mom to Will (4) and Callie (1).

## SCHEDULE

- 5:30-6:15 - Vendors
- 6:15-6:45 - Keynote (Lyndsey Fennelly)  
Reducing the Stigma of Mental Health
- 6:50-7:20 - Session 1
- 7:25-7:55 - Session 2
- 8:00-8:30 - Session 3

## SESSION TOPICS

Anxiety, Substance Abuse, Love and Logic Parenting Strategies, Eating Disorders, and Parent Partnerships for Students with Mental Health Needs

**QUESTIONS?** Contact:  
Jordan Sytsma: [sytsmaj@gilbert.k12.ia.us](mailto:sytsmaj@gilbert.k12.ia.us)

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