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United Way of Hastings September “Life 101” Workshop Helps Teens and Young Adults Manage Stress & Perfectionism

(Hastings, MN) On September 19, 2018 the United Way of Hastings (UWH) continues its monthly free Life 101 workshops for teens and young adults. These workshops are designed to address the needs and concerns of teens and young adults today. They are an extension of UWH’s Helping Kids Succeed community-wide youth development initiative.

Teens and young adults face many challenges these days. Many struggle with depression, anxiety, perfectionism and the pressure of living in the age of 24/7 social media. Our free workshop will help attendees to embrace the challenges they face and learn to manage pressure in as positive a way as possible.

The workshop is titled “Appreciating Stress & Moving Forward Towards Empowerment.” It will be held in the Hastings High School Lecture Hall from 6:30 – 7:30 p.m. An optional Q&A session will be from 7:30 p.m. – 8:00 p.m. This workshop is timed to help students and young adults address the challenges of starting a new school year.

Our speakers are Hastings High School graduate Morgan Johnson and Licensed Independent Clinical Social Worker Dane Jorento from Allina Health.

Morgan Johnson will share her journey through managing depression and anxiety as a high school student and young adult. She’s gone on to be a full-time employee with plans for college in her future.

Her co-presenter is Dane Jorento, who has an extensive background in mental health, brain physiology, and adolescent development. His professional philosophy is “to provide a supportive, insightful and holistic approach to discover and embrace your healthiest, empowered self.”

The Life 101 workshops are designed for teens and young adults ages 17-22, but younger students, older young adults and parents are welcome. However, be aware that the subject matter is targeted to older teens and some content may not be appropriate for younger students.

Future workshops will speak to other topics of interest and concern to today's young people. They include How Not to Be a Crime Victim on October 17th; legal issues for teens and young adults in November; and grief, loss, and resilience in December.

In the last 12 months, UWH brought our Helping Kids Succeed message to over 1400 Hastings middle and high school students, encouraging them in developing healthy webs of support. In addition, we provided funding support to our partner agencies to reach another 1500 students with personal safety awareness.

Since 2012, UWH has nurtured the Helping Kids Succeed (HKS) community-wide initiative, to help children, youth, and adults build strong, healthy webs of support.

The United Way of Hastings is an independent United Way serving Hastings and the surrounding rural communities within Independent School District #200. Our mission is to build partnerships to improve the lives of people in our community. Donations are accepted year-round. For more information about the UWH and the agencies it funds, visit www.unitedwayofhastings.org.

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