

# Do you know what to do when concerned about someone's mental or emotional well-being?



## **COMET™ Community Training**

In the training, you

- Learn a natural way to talk with a friend, a neighbor, or an acquaintance about difficult topics.
- Learn a conversational guide and the importance of being "the other person."
- Practice the COMET intervening questions and plan how you will use COMET to have in conversations about another's well-being.

#### Training Location

313 Leonard St., Onaga, KS 66521

**Training Time** 

June 16, 2:00pm

Brought to you by: Onaga Library and K-State Research & Extension, Pottawatomie County

### For more information to register:

Jordan Abitz, Onaga Library, 785.889.4531

COMET<sup>™</sup> recognizes our rural values of neighbor helping neighbor, and communities being their own best resource – especially when concerned about another's emotional and mental well-being.

## Please join us for this free training!



