



# SAINT SOPHIE'S PSYCHIATRIC CENTER

Saint Sophie's Psychiatric Center  
Is Pleased To Present

## Creating Our Best Life: A Mental Health Restart

October 4, 2023  
Fargo Holiday Inn

7:45	Registration
8:00-9:00	Pornography and Mental Health
9:00-10:00	The Role of Integrative Medicine in Mental Health
10:00-10:15	Break
10:15-11:15	Adult ADHD: Fact or Fad
11:15-12:15	The Trait Of High Sensitivity
12:15-1:00	Lunch
1:00-2:00	Healing Children with Trauma