



GRAY MATTERS

Free Brain Health Workshops

Maximizing Brain Health During this Unique Holiday Season

Ellen Yashinsky Chute, LMSW, ACSW

Join us as Ellen Yashinsky Chute, LMSW, ACSW tackles a topic relevant to all of us this year. Given the current health climate, many of us will be celebrating the holidays in a very different way. Ellen will discuss ways we can maximize our brain health and use the power of our brains to help us instead of hurt us during this unique holiday season.

- When:** Wednesday, September 16, 2020
1:00pm-2:30pm
- Where:** Zoom Meeting
- RSVP:** 248-788-MIND (6463) MindU@jfsdetroit.org
For Zoom meeting details

About the Presenter: Ellen Yashinsky Chute is the president of Empowerment Partners of Bingham Farms. She is a clinical social worker who provides psychotherapy to individuals, couples, and families, as well as workplace consultations. Previously Ellen was the Director of Behavioral Health Services and Chief Community Outreach Officer at JFS. Ellen was the founder and director of JCADA, the Jewish Coalition against Domestic Abuse and was honored with the prestigious Mandell L. and Madeleine H. Berman Award for Outstanding Professional Service in 2010. Ellen has been an adjunct professor at the University of Michigan School of Social Work since 1998. She also provides continuing education to mental health professionals in the areas of trauma, social work ethics, relationships, family development, domestic abuse, and divorce. Ellen's podcast, *What Drives You?* and blog posts can be found on her website, ellenychute.com.

To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

