

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

COMET™ Community Training
June 27th 9 am -1:30 pm
Maricopa County Cooperative Extension Office

Agriculture is a stressful industry that is associated with increased levels of anxiety and depression. In this training, you will

- **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.

Lunch will be provided!

This event is a partnership between Arizona Cooperative Extension and Arizona Farm Bureau!

To register please use the following link or scan the QR code.

<https://forms.gle/gn7yxW18uS1jvHWY9>



COMET™ 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.