



FOR IMMEDIATE RELEASE

Althing Clinic Expands AIRs Services with Behavioral Health Education and Seminars

AUSTIN, MN February 1, 2025 – Althing Clinic is pleased to announce the expansion of its Assess-Intervene-Refer/service (AIRs) program to include a new series of behavioral health education and seminars. These valuable offerings are designed to complement AIRs' comprehensive approach to mental wellness by providing valuable insights and practical tools for individuals and families.

Althing's expert behavioral health specialists, psychiatrists, Family nurse practitioners, and staff will lead engaging seminars and workshops focused on a variety of topics, including:

- **Trauma-informed care:** Understanding the impact of trauma on mental health and developing coping strategies.
- **Stress management techniques:** Learning effective techniques to reduce stress and promote relaxation.
- **Communication skills:** Improving communication within families and relationships.
- **Parenting strategies:** Developing effective parenting skills to support children's mental health.
- **Suicide prevention:** Recognizing the signs of suicide risk and learning how to intervene.
- **Substance abuse prevention:** Understanding the risks of substance abuse and developing prevention strategies.

"We are excited to expand our AIRs program to include these valuable educational offerings," said Mat MK Johnson CEO, Althing. "Our goal is to provide comprehensive support for individuals and families, and these seminars are an important part of that commitment."

AIRs customers can expect to gain valuable knowledge and practical skills from these engaging and informative seminars. All seminars are offered at no cost and are open to AIRs customers and their families.

For more information, please contact:
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About Althing LLC.

Althing creates innovative solutions that lead to equity, access, and modernization of healthcare in districts and communities. Althing's commitment to access is highlighted in its clinic, school district and home health solutions. Whether serving diverse populations or proactively bringing health services to the community, Althing holds to its principles: equity, quality, access, and value. To learn more about Althing AIRs visit airs.myalthingclinic.com and subscribe to <https://www.youtube.com/@althing7525/videos>