



Mental Health Essentials

Better your understanding to help you be your best and be prepared to assist friends, family members, and colleagues

Throughout this 7-part regional Members First series, our Director of Safety Services, Rob McKinney, will present the Amerson Supervisor Safety Award certificates to the best of the best field supervisors.

During the series, he'll also spotlight Mental Health Essentials. Together with Mike Luster, a 20-year mental health clinician and certified wellness specialist with a focus on the construction industry, Rob will help participants learn how to understand, recognize, and respond to the most common mental health challenges such as depression, anxiety, trauma, and substance use disorders.

Join in this thought-provoking discussion to discover ways to help not only yourself be at your best but be a resource and support to others at home, in the office, and on the jobsite.

Join us for a safety-focused meeting which will also celebrate Amerson Supervisor Safety Award recipients!



AGC AMERSON SUPERVISOR SAFETY AWARD

South Georgia - Valdosta Wednesday, 3/6, 7:00 - 8:30 am

Southwest Georgia - Albany Thursday, 3/7, 7:00 - 8:30 am

Central Georgia - Macon Wednesday, 3/13, 7:00 - 8:30 am

West Georgia - Columbus Thursday, 3/14, 7:00 - 8:30 am

Northeast Georgia - Gainesville Wednesday, 4/10, 7:00 - 8:30 am

East Georgia - Augusta Wednesday, 4/17, 11:30 am - 1:00 pm

Southeast Georgia - Savannah Thursday, 4/18, 11:30 am - 1 pm

METRO ATLANTA CEREMONY

If you are in the metro area, make plans to join us on March 1, 2024 in Smyrna at Adventure Outdoors. A separate flyer/registration details are available at www.agcga.org/calendar.

Mark Your Calendar for These Popular Opportunities!

Young Leadership Program Professional Development Series

March 13 – Atlanta April 24 - Atlanta

Executive Alliance Leadership Retreats

April 11-12 – Brasstown Valley Resort & Spa August 22-24 – Grove Park Inn

Executive Alliance Networking Dinners

June 7 - Hilton Head, SC October 18 - Nashville, TN December 10 - Atlanta

Young Leadership Program Golf Classic

May 1 - Peachtree City

AGC Georgia Annual Convention

Thursday - Sunday, June 6-9 Hilton Head, SC

Members First Series focusing on Governmental Affairs

August 20 – Macon August 21 – Columbus August 27 – Valdosta August 28 – Albany September 10 - Gainesville September 11 – Augusta September 12 – Savannah

Members First Networking Event

May 7 August 13 October 3 Atlanta

AGC Georgia PAC Sporting Clays Fundraiser

October 4 – Waleska

Fall Leadership Conference

Thursday-Sunday, October 17-20 Nashville, TN

Young Leadership Program Sporting Clays Fundraiser

November 8 Forsyth

AGC Georgia Marketplace

November 20 Atlanta

AGC GEORGIA MEMBERS FIRST MEETINGS

REGISTRATION FORM

Save \$10 by registering online! Visit www.agcga.org and click on "Register for Events."

If registering with this form, please check the box corresponding to the meeting(s) you are attending.

	South Georgia (Valdosta) – Wed., 3/6, 7:00 - 8:30 am Holiday Inn Valdosta Conference Center; 1805 West Hill Avenue Cancellation Deadline: March 1 \$50/AGC member registering with this form \$40/AGC member registering at agcga.org \$90/non-AGC member*		Southwest Georgia (Albany) – Thurs., 3/7, 7:00 – 8:30 am Merry Acres Inn; 1500 Dawson Road Cancellation Deadline: March 2 \$55/AGC member registering with this form \$45/AGC member registering at agcga.org \$90/non-AGC member*	
	Central Georgia (Macon) – Wed., 3/13, 7:00 – 8:30 am Idle Hour Country Club; 251 Idle Hour Drive Cancellation Deadline: March 6 \$50/AGC member registering with this form \$40/AGC member registering at agcga.org \$90/non-AGC member*		West Georgia (Columbus) – Thurs., 3/14, 7:00 – 8:30 am Netta's Southern Flava; 2401 Whittlesey Road Cancellation Deadline: March 7 \$55/AGC member registering with this form \$45/AGC member registering at agcga.org \$90/non-AGC member*	
	Northeast Georgia (Gainesville) – Thurs., 4/10; 7:00 – 8:30am Gainesville Civic Center; 830 Green Street Cancellation Deadline: April 3 \$55/AGC member registering with this form \$45/AGC member registering online \$90/non-AGC member*		East Georgia (Augusta) – Wed., 4/17, 11:30 am – 1:00 pm The Salvation Army Kroc Center; 1833 Broad Street Cancellation Deadline: April 5 \$55/AGC member registering with this form \$45/AGC member registering at agcga.org \$90/non-AGC member*	
□ Southeast Georgia (Savannah) – Thurs., 4/18, 11:30 am – 1 pm Best Western Premier: 103 San Drive, Pooler, GA Cancellation Deadline: April 6 □ \$55/AGC member registering with this form \$45/AGC member registering at agcga.org \$90/non-AGC member*				
*To confirm if your company is a member in good standing and eligible for member pricing, please call 678-298-4100 or email registration@agcga.org				
If you prefer to register with this form rather than take advantage of preferred pricing at www.agcga.org , please check the appropriate registration option above and fill out the below fields. We'll send a confirmation via email before the event.				
	Company Name: Phone:			
	Attendee: Email:			
	**Dietary restrictions:		Total Payment Due: \$	
	□ Check: Payable to AGC Georgia; mail w/copy of this form to Wells Fargo/AGC Georgia; POB 934023, Atlanta; GA 31193-4023			
	□ Charge My: □ AmEx □ MC □ Visa □ Discover			
	Name on Card: CC#		Exp. Date:	
Regardless of payment method, please use one of the methods below to return this form:				
	Electronically: On many systems, pressing "Click to Submit" after filling out form will attach file to automated email. Fax: 678-298-4101			

Email: (after manually filling out form): registration@agcga.org