

Hope For Recovery



A
ADULT

October 5, 2019
9:00 am – 3:00 pm

Grand Rapids

Community Presbyterian
Church
703 N Pokegama Ave

To register, visit:

<https://hope-grandrapids10-5.eventbrite.com>

For more information, contact the
Workshop Coordinator at 651-645-
2948 or workshopreg@namimn.org



1919 University Ave. W., Ste. 400
St. Paul, MN 55104
Phone: 1-651-645-2948
Toll Free: 1-888-626-4435
www.namimn.org

Class Description:

Obtain information about mental illnesses, treatments, crisis management, suicide prevention, the mental health system and local resources along with practical strategies for helping a loved one or friend. This includes learning the LEAP strategy for improving communication; Listen, Empathize, Agree-on what you can, and Partner.

This is a six-hour workshop for family and friends of a teen or adult living with a mental illness and people living with a mental illness who are doing well in their recovery.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.