**NAMI Minnesota Trainings in Grand Rapids – March 2016**

**Mental Health - First Aid for Older Adults  
Tues. 3/29/16 at 8:30am - 5:30pm**  
Designed to teach the basic first aid skills needed to help an older adult who is experiencing a mental health problem or crisis. We will focus on the unique experiences and needs of the older adult population in the framework of the standard MHFA curriculum. This 8-hour course is aimed at improving mental health literacy. Understanding and recognizing the signs that someone needs help, is the first step in getting that person appropriate care and treatment. Participants will receive a course manual and certificate. Participants must attend entire 8-hour course to receive certificate. Register by: 03/24/2015 Class# 3181522

Instructor: Kay King, NAMI MN Location: Active Living Center at Itasca County YMCA, Grand Rapids Fee: $25.00 (includes lunch, manual and certificate) Register: ElderCircle 999-9233 or [rinna@eldercircle.org](mailto:rinna@eldercircle.org)

**Get to Know NAMI Minnesota (National Alliance on Mental Illness)  
Wed. 3/30/16 at 9-10 am**   
Hear first-hand how our work directly affects the lives of children and adults with mental illnesses and their families. Hear a personal story of hope and recovery from a person living with a mental illness and a family member. Learn about our education and support programs and what we are doing to advocate for good mental health policies in the greater Grand Rapids area and in Minnesota. Learn how you can get involved, take action and make a difference! Class# 3181539

Instructor: Kay King; NAMI MN Location: Active Living Center at Itasca County YMCA, Grand Rapids Fee: $5.00 Register: ElderCircle 218-999-9233 or [rinna@eldercircle.org](mailto:rinna@eldercircle.org)

**Make It Okay  
Wed. 3/30/16 at 10:15-11:15 am**  
The Make It OK campaign was created through collaboration between National Alliance on Mental Health (NAMI), HealthPartners, Regions Hospital, Twin Cities Public Television and other community stakeholders who have pledged their commitment to change hearts and minds about the misperceptions of mental illnesses by encouraging open conversations and education on the topic. This presentation proclaims that it is time to spread the word, stop the silence and Make It OK. Class# 3181540

Instructor: Kay King; NAMI MN Location: Active Living Center at Itasca County YMCA, Grand Rapids Fee: $5.00 Register: ElderCircle 218-999-9233 or [rinna@eldercircle.org](mailto:rinna@eldercircle.org)

**Gray Matters: Understanding Depression in Older Adults  
Wed. 3/30/16 at 11:30am - 12:30pm**   
This presentation is for senior workers and family members of an older adults. It will help you understand the basics of mental illness in older adults. Learn the risk factors and warning signs of depression and suicidal behavior. You will also learn about treatment, recovery and resources to support older adults living with depression. Class# 3181538

Instructor: Kay King; NAMI MN Location: Active Living Center at Itasca County YMCA, Grand Rapids Fee: $5.00 Register: ElderCircle 218-999-9233 or [rinna@eldercircle.org](mailto:rinna@eldercircle.org)