

HOPE FOR RECOVERY

FREE MENTAL HEALTH WORKSHOP

Join NAMI Grand Rapids to learn about anxiety disorders, bipolar disorder, borderline personality disorder, depression, schizophrenia, and co-occurring disorders, including the diagnostic assessment process, treatments, and recovery. Participants also learn about crisis management and suicide prevention, tools for healthy relationship building while helping a loved one, and local resources.

This workshop is for family, friends, and loved ones of a teen or adult living with a mental illness and not for professional development or observation. Led by trained family members who have been there, this four-hour workshop includes presentations, discussions and interactive exercises, as well as support and connection among peers. A workbook is provided to participants to complete exercises and journaling during and after the workshop.



SATURDAY, MAY 17th
9:00 - 1:00 PM

**NAMI
GRAND RAPIDS
AFFILIATE**

Woodland Bank
Community Room
2610 US-169
Grand Rapids, MN 55744

REGISTER



National Alliance on Mental Illness

Grand Rapids Area