

Mental Illnesses

Hope For Recovery

FREE WORKSHOP



Spend a Saturday with a family member who will offer information, hope, and practical strategies for dealing with the complexities of mental illnesses.

Participants will learn about:

- Types of mental illnesses
- Treatments and recovery
- Coping strategies
- The mental health system
- Local resources

May 14th, 2016
9:00 am – 3:00 pm

Minneapolis
Bethlehem Lutheran Church
4100 Lyndale Ave S

Visit <https://HopeMpls5-14.eventbrite.com> to register.

Registration is required.
Please bring a bag lunch.



National Alliance on Mental Illness

MINNESOTA

800 Transfer Road, Suite 31
St. Paul, MN 55114
Phone: 1-651-645-2948
Toll Free: 1-888-626-4435
www.namihelps.org