

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:

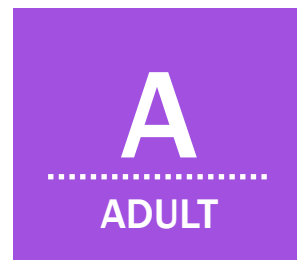
- Types of mental illnesses
- Treatments and recovery
- Coping strategies
- The mental health system
- Local resources

January 23rd, 2016
9:00 am – 3:00 pm

St. Louis Park
Melrose Center
3525 Monterey Drive

Visit <https://HopeStLouisPark1-23.eventbrite.com> to register.

Registration is required.
Please bring a bag lunch.



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