

NAMI Family & Friends

Seminar!!!

November 9, 2024

9:00am-1:30pm

@NAMI Anamosa Wellness Center

208 W. Main St.

NAMI Family & Friends is a free seminar that informs people who have loved ones with a mental health condition how to best support them.

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. **The following topics are discussed.**

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

PLEASE REGISTER:

www.namidubuque.org/general