

Hope For Recovery

A
ADULT

November 16, 2019
9:30 am – 1:30 pm

Rochester

NAMI SE MN Lighthouse
1700 Broadway Ave N
(Enter Door B)

To register, visit:

<https://hope-rochester11-16.eventbrite.com>

For more information, contact
Anita at 507-316-0990.



1919 University Ave. W., Ste. 400
St. Paul, MN 55104
Phone: 1-651-645-2948
Toll Free: 1-888-626-4435
www.namimn.org

Class Description:

Obtain information about mental illnesses, treatments, crisis management, suicide prevention, the mental health system and local resources along with practical strategies for helping a loved one or friend. This includes learning the LEAP strategy for improving communication; Listen, Empathize, Agree-on what you can, and Partner.

This is a six-hour workshop for family and friends of a teen or adult living with a mental illness and people living with a mental illness who are doing well in their recovery.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.