



Greater Des Moines

NAMI GDM 2019 Class Schedule

The NAMI Greater Des Moines **2019 Class Schedule** was just released and can be found [here](#). We encourage you to look through the classes and decide which might be meant for you. A summary of topics is listed here:

Wellness Workshops - involves a fee but we also offer scholarships

Watercolor Meditation
Zentangle & Mindfulness
Visual Journaling
Aromatherapy & You
Musical Connections for Wellness
Art as Meditation

NAMI Signature Programs - free to all participants

NAMI Smarts for Advocacy
NAMI Family to Family
NAMI Homefront
NAMI Peer to Peer
NAMI Provider Education - call to schedule
NAMI In Our Own Voice - call to schedule
NAMI Ending the Silence - call to schedule

NAMI Support Groups - free to attend, no need to pre-register

NAMI Connection Peer Support Group (2)
NAMI Family Support Groups (3)

Trainings, Presentations and Lunch & Learn Opportunities for Community Organizations, Businesses, Schools, & Health Care Providers

Hearing Voices that are Distressing - no fee - call to schedule
Mental Health First Aid - Cost/person
Community Conversations 2.0 - networking lunch and speakers - no cost
Jan. 29 April 16 July 23 Sept. 18 Nov. 15

Future Developments in the Works:

NAMI Family and Friends
Evening Speaker Series
Working with Business Employers and Employees



School Mental Health Literacy Course -Two hour on-line course -

Jan. 14 - March 8. Schools are working with countless young people on a daily basis that are coming in with complex mental health and trauma needs. This course will provide participants with basic information regarding mental illnesses, trauma, and suicide prevention to increase cultural competent mental health literacy. The second portion of the course focuses on preventative and responsive strategies within a multi-tiered systems of support in classrooms and school buildings.

This class is available for License Renewal, Graduate, Para-educator or Audit credit. *If* you are a school counselor **and an ISEA** member, you are eligible to take this class for License Renewal credit at no fee with a Ross Trust scholarship. Please select the *Ross Trust - License Renewal (No Fee)* option when registering.

Course Materials/Required Text: All materials are provided online.

There is a cost involved. To find out more, click [here](#).

For more information, contact Rhonda Plimmer - rplimmer@isea.org

The **Area Education Agency** is close to finishing an on-line course they have created for school personnel to complete as part of required training for prevention of suicide. For more information, please contact Rob Brookhart rbrookhart@aealearningonline.org. They are presently in the testing phase.

Central Presbyterian Church, 3829 Grand Avenue, Des Moines, is offering:

A Christian Response to Incarceration and Reentry

Sundays in January, 9:00 AM, Room 201

The current statistics are astounding. The crime rate is now lower than it's been in 30 years, but our prisons are more overcrowded than ever. At mid-year 2005 more than half of all jail and prison inmates had a mental health problem, 70% are functionally illiterate, and roughly 35% were under the influence of drugs or alcohol when they committed their crimes. Many were also victims of homelessness, sexual assault or poverty. But when they complete their prison or jail time, what are their chances of success outside the walls? The January adult education series will reflect critically on this country's practice of incarceration and ask whether there are better ways to seek justice for offenders and offer support for their reentry.

January 6 Prison Nation, part 1 - Is there a problem with incarceration?

January 13 Prison Nation, Part 2 - What is our Christian response?

January 20 Women at the Well – one Christian response

1:00-4:30 PM Join Women at the Well for an afternoon of additional learning around issues of justice and incarceration:

1. **Reentry Team Training**, led by Pastor Paul Witmer, Minister of Reentry and Congregational Care. This training will prepare participants to work as part of a team with women coming out of prison, accompanying them during that first year.

OR

2. **Welcoming Home: How the Church Makes Room for Those Affected by Incarceration**, led by Pastor Schott.
We'll consider how the church can become supportive community for those who themselves or in their families are dealing with incarceration. Will we make room for this kind of diversity? What will that call from us? How will it enrich us?

January 27 Restorative Justice: A second Christian Response

Look for more educational opportunities on our events calendar:

[Parenting the Love and Logic Way](#)

Jan 8 - Feb 12 **Location:** Wellmark YMCA, 501 Grand Avenue, Des Moines
Time: 01/08/19 at 6:00 PM - 02/12/19 at 8:00 PM

[Live Well Classes: Overcoming Depression & Anxiety](#)

Jan 14 - Mar 4 **Location:** Our Ladies Immaculate Heart Catholic Church, 510 E. 1st., Ankeny, Iowa

and [here](#) under Scheduled Trainings at our website.

*Remember, if you want **Amazon to donate to National Alliance On Mental Illness of Greater Des Moines**, you need to **start each shopping session at the URL <http://smile.amazon.com/ch/42-1333379>**. You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.*

Choose: National Alliance on Mental Illness of Greater Des Moines



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