

April 2019 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other new posts to the site:

- *A multi-page document of additional mental health related articles from around the nation. It can be found at the same location as the April newsletter.*

Upcoming Events:



- **Minds DsM - Stories of Courage and Diversity**
Wednesday, April 10 - 4:30 - 6:30
p.m. at the Science Center of Iowa -
\$25/person - Through this storytelling event, Iowans who have experienced mental illness will share their stories and participants will learn actions they can take to dispel misconceptions, reduce stigma and access resources in the

Upcoming Events and Articles



Upcoming Classes

April 13
Sat
2.5 hr. **Zentangle and Mindfulness**
Location: NAMI GDM office, 511 E. 6th St., Suite B, Des Moines
A relaxing and fun way to create beautiful images.
\$20 fee
Time: 1PM - 3:30 PM

April 23
Thursday
nights **Visual Journaling**
6 weeks, \$35 cost
Time: 6 - 7:30 PM

April 4
Thursday
evenings **Peer to Peer class**
No Cost to Attend - 10 weeks
Time: 5:30 - 7:30 PM

To sign up for the classes above, call 850-1467 or email namigdm@gmail.com

An Article **Coaching Families to Address Addiction**
(Psychiatric Times) - **'He'll just have to hit**

community.

CW Live's Jackie Schmillen and Lou Sipolt will emcee this shared experience and open dialogue, which will instill hope and shine a light on mental illness and the recovery process.

Click [here](#) to buy tickets.



- **Community Conversation 2.0:**
Tuesday, April 16 - 11:30 AM to 1:30 PM at Goodwill of Central Iowa. Located one block north of the 86th St. exit from I-35/80. The free lunch starts at 11:30 AM and speakers begin at Noon. The lunch will be a taco bar. The theme is "Mental Health Treasures in Central Iowa". Please **RSVP** [here](#).



- **Mark your calendars for the major fundraiser in 2019 for NAMI Greater Des Moines. It will be our 4th Annual Benefit Golf Tournament on**

bottom.” That bit of outdated advice terrifies the family and friends of the person with an addiction who refuses treatment, because they know that “bottom” may be serious injury, overdose, or death. Read [here](#).

An Article

[Los Angeles Times: More Than 15% Of Childhood Deaths In America Are Due To Guns, Study Says -](#)

More than 3,000 children and adolescents died of a gunshot wound in the United States in 2016, a new tally of childhood deaths finds. These episodes accounted for 15.4% of all Americans between the ages of 1 and 19 who died in 2016, and a quarter of those killed by injury rather than disease. As they inch their way back to rates last seen in 1999, childhood deaths attributed to firearms — 3,143 — generated 70% more grieving families than those produced by pediatric cancer — 1,853. Guns also broke the hearts of more than three times as many families than did childhood drownings — 995 — or the combined category of poisoning deaths and fatal drug overdoses — 982. (Healy, 12/19)

Friday, Sept. 13, at Toad Valley Golf Course. More details will be coming in the near future.

[Click Here to view all of our events!](#)

NAMI Resources

NAMI Greater Des Moines Website

www.namigdm.org

[About Us](#) + more

[Get Help](#)

Crisis Information

Illness Information

Support Groups + more

[Get Involved](#)

Legislation and Advocacy

Volunteer

Faith

Community Conversation 2.0 + more

[Resources](#) + more

[News & Events](#)

Newsletters

Scheduled Trainings

Amazon Smile

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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