



National Alliance on Mental Illness

NAMI Greater Des Moines

Mental Health Education

& Wellness Courses

Starting Soon!

NAMI Family to Family - Free to Attend

- February 28 – May 16 / Thursday Evenings 6-8:30p

NAMI Family to Family is a course designed for family members, significant others and friends of individuals living with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. Family to Family is taught by trained facilitators who have lived similar experiences with their loved ones, and includes presentations, discussion and interactive exercises. This program is designated as an evidence-based program by SAMHSA. In Family to Family, participants learn:

- Current treatments, medications & side effects
- How to manage crises, solve problems and communicate effectively
- Develop the confidence and stamina to provide support with compassion.

[Click to Sign up for Family to Family](#)

Zentangle & Mindfulness - \$20 per session

(scholarships available)

- March 9 / Saturday Afternoon 1-3:30p
- April 13 / Saturday Afternoon 1-3:30p

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how the Zentangle approach of "no mistakes" facilitates enhanced focus, relaxation, creativity, confidence and enjoyment. Mindfulness, the skill of learning to pay attention, without judgment, to one's present-moment experience, is explored during this 2.5-hour workshop with Christine Urish, PhD, OTR/L, BCMH, FAOTA, and Certified Zentangle Teacher.

[Click to Sign Up for 3/9 Session](#)

[Click to Sign up for 4/13 Session](#)

Art as Meditation - \$35 for the 6-week course

(scholarships available)

- March 5 – April 9 / Tuesday Evenings 6-7:30p

Learn how to use creativity, imagination and art to process life experiences. Workshop sessions are quiet and help individuals learn and practice mindfulness, attention, awareness, openness, acceptance, nonjudgment and non-reaction techniques. A weekly homework assignment is also included in the workshop as an invitation to practice art as meditation in day-to-day life. With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

[Click to Sign up for Art as Meditation](#)

NAMI Smarts for Advocacy - Free to attend

- Saturday February 23 from 9a-3p
- Saturday March 23 from 9a-3p

Turn your passion into a positive voice for mental health with NAMI Smarts for Advocacy training. NAMI Smarts will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers. This workshop provides step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

[Click to Sign Up for 2/23 Session](#)

[Click to Sign Up for 3/23 Session](#)

*Everyday is a new beginning.
Take a deep breath, smile,
and start again.*

2019 



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