



National Alliance on Mental Illness

NAMI Greater Des Moines

New Fall Courses Starting Soon!

Space is Limited - Sign Up Today



Musical Connections for Wellness

Learn creative coping strategies through experiential music-making and purposeful, goal-oriented musical activities designed and facilitated by a board-certified music therapist. Each class meeting will incorporate a variety of musical interventions including lyric analyses, instruments, songwriting, singing, and mindfulness. The six-week session will allow participants to explore the many ways in which music can be used as a coping or leisure skill in daily life.

When: Sept 9 - Oct 14 / Monday Evenings 6-7p

Where: NAMI Greater Des Moines / 511 East 6th Street
In Des Moines' Historic East Village

Cost: \$35 per person for this six-week session includes all supplies for the course. Light snacks, tea & water are provided. Scholarships available.

[Click to Register - Musical Connections](#)

Watercolor Meditation

Meditation and journaling bring a new experience to the process of watercolor painting in this six-session course. Participants will learn techniques to use watercolor painting as an exercise in mindfulness meditation – the art of paying attention to the present moment. Designed for the beginner or experienced artist, this workshop will help you learn how to tell your story through art and text. With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

When: Sept 5 - Oct 10 / Thursday evenings 6-7:30p

Where: NAMI Greater Des Moines / 511 East 6th Street
In Des Moines' Historic East Village

Cost: \$40 per person for this six-week session includes all supplies for the course. Light snacks, tea and water are provided.

[Click to Register - Watercolor Meditation](#)

Aromatherapy & You

Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. With facilitator Christine Urish, PhD, OTR/L, BCMH, FAOTA, and Certified Clinical Aromatherapy Practitioner.

Through this 2.5-hour session you will learn:

- Important safety considerations relative to the use of essential oils
- Explore different methods of using essential oils: diffuse, inhalation and topical application
- How aromatherapy can be used to facilitate an increased sense of calm or alertness
- Create two personal inhalers (one to calm/one to alert)

When: Oct 12 / Saturday Afternoon 1-3:30p

Where: NAMI Greater Des Moines / 511 East 6th Street

In Des Moines' Historic East Village

Cost: \$25 per person includes all supplies for the course and two personal inhalers to take home. Light snacks, tea & water are provided.

Scholarships Available.

[Click to Register - Aromatherapy](#)

Mental Health Basics

Understand what mental illness is and isn't, and how family members are impacted. This one-hour session includes information on:

- Types of mental illness
- Prevalence
- Causation
- Myths vs. Facts
- Communication Do's & Don'ts
- Self-Care
- Stigma

When: Oct 17 / Thursday Evening 5:30-6:30p

Where: NAMI Greater Des Moines / 511 East 6th Street
In Des Moines Historic East Village

Cost: Free to attend

[**Click to Register - Mental Health Basics**](#)

Communication Do's & Don'ts

Practical tips for communicating with loved ones who are experiencing symptoms of a mental health disorder. This one-hour session.

- Understand how mental illness affects thinking & behavior
- Verbal & non-verbal messaging
- Dealing with conflict
- Cognitive re-framing
- Active Listening

When: Oct 24 / Thursday Evening 5:30-6:30p

Where: NAMI Greater Des Moines / 511 East 6th Street
In Des Moines' Historic East Village

Cost: Free to attend

[Click to Register - Communication](#)



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