

Open to family and friends of individuals with mental health challenges

WEDNESDAY, NOVEMBER 18, 2020
5:30 PM TO 7:00 PM

[HTTPS://NAMI-FAMILY-FRIENDS.EVENTBRITE.COM/](https://nami-family-friends.eventbrite.com/)

A 90-minute seminar led by trained presenters with lived experience of supporting a loved one with a mental health condition or symptoms

TOPICS:

- UNDERSTANDING DIAGNOSES, TREATMENT, AND RECOVERY
- EFFECTIVE COMMUNICATION STRATEGIES
- THE IMPORTANCE OF SELF-CARE
- CRISIS PREPARATION STRATEGIES
- NAMI AND COMMUNITY RESOURCES

FOR QUESTIONS EMAIL:
PVILLAFANA@NAMISOUTHERNNEVADA.ORG



National Alliance on Mental Illness

nami Southern Nevada

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) PROVIDES FREE EDUCATION, SUPPORT, AND ADVOCACY FOR INDIVIDUALS AND FAMILIES AFFECTED BY MENTAL ILLNESS.

