



Free Workshop! **HOPE FOR RECOVERY**

Trinity Lutheran Church

**205 South Broadway
Crookston, MN 56716**

Saturday, November 23

9:30am to 3:30pm

Spend a Saturday with a trained family member who will offer information, hope, and practical strategies for dealing with the complexities of mental illnesses.

Participants learn information about: mental illnesses, treatments, recovery, coping strategies, the mental health system, and local resources.

Lunch is not included in the workshops, please feel free to bring a lunch or order pizza as a group.

Offered by NAMI Minnesota (National Alliance on Mental Illness)

The National Alliance on Mental Illness (NAMI) of Minnesota is a non-profit organization dedicated to improving the lives of adults and children with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.

Visit our website to register under classes at www.namihelps.org

