

UPCOMING PROGRAMS IN YOUR AREA

Support groups, presentations and classes are free and open to the public.



FOR FAMILIES OF ADULTS:				
Hope For Recovery	Bemidji	Bemidji Public Library	509 America Ave NW	10/25 9:00-3:00
	Roseau	LifeCare Medical Center	715 Delmore Dr.	11/1 9:00-3:00
<i>This class provides family members and loved ones with practical strategies for dealing with the complexities of mental illness. Participants learn about mental illnesses, treatments, coping strategies, the mental health system, and local resources.</i>				

FOR THE COMMUNITY:				
Community Conversations	Crookston	UMN– Sargent Student Center	2900 University Ave	10/21 6:00-8:00
	Moorhead	Lakeland Mental Health Center	1010 32nd Ave S	10/16 6:30-8:30
<i>Community Conversations on Mental Health encourage people to challenge myths and misinformation, increase community knowledge and support, and make communities inclusive. The session includes a speaker followed by group discussion.</i>				
Youth Mental Health First Aid	Bemidji	Luekens Village Foods North	1171 Paul Bunyan Dr NW	10/6 8:00-5:00
	Moorhead	Lutheran Church of the Good Shepherd	4000 28th St S	10/16 8:30-5:30
<i>This version of Mental Health First Aid is designed for members of the public who have frequent contact with youth, such as parents, school staff, coaches, youth workers, and volunteers.</i>				

FOR PROFESSIONALS:				
Mental Health First Aid for Public Safety Professionals	Bemidji	Upper Mississippi Mental Health Center	722 15th St	10/7 8:00-5:00
<i>Designed for police officers, first responders, corrections officers, and other public safety professionals, this 8-hour class aims to provide these individuals with effective response options to deescalate incidents without compromising safety.</i>				

SUPPORT GROUPS:				
Family Support Groups	Moorhead	Moorhead Public Library	118 5th St S	Call 218-443-5286 or email namimoorhead@namimn.org
<i>For family and friends of an individual living with an illness, this group meets on the second Thursday of the month at 6:30 pm.</i>				
NAMI Connection	Moorhead	Moorhead Public Library	118 5th St S	Call Marian at 218-443-5286
<i>For individuals recovering from a mental illness, this group meets on the 2nd & 4th Thursday of the month at 6:30.</i>				

All classes are free but some require registration.

Visit our website for more information about all of our classes across the state.

www.namihelps.org



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Phone: 1-651-645-2948
Toll Free: 1-888-626-4435
www.namihelps.org

Affiliates	Service Areas	Contact Information
NAMI Moorhead	Clay and Wilkin Counties	Marian Olson: 218-443-5286 or namimoorhead@namimn.org
NAMI Northwest	Red Lake, Polk, & Norman Counties	Chris Orsland: 218-460-0986 or naminorthwest@namimn.org
NAMI Northwoods	Beltrami County	Jim Aakhus: 952-994-3174

AFFILIATES IN YOUR AREA

NAMI Affiliates are volunteer groups across Minnesota that share information, learn about mental illnesses, and advocate for the needs of people in their communities.

