

Hope For Recovery



A
ADULT

November 19, 2016
9:00 am – 3:00 pm

Park Rapids
Calvary Lutheran
Church
112 Park Ave N.

To register, visit:

<http://hopeparkrapids11-19.eventbrite.com>



800 Transfer Road, Suite 31
St. Paul, MN 55114
Phone: 1-651-645-2948
Toll Free: 1-888-626-4435
www.namihelps.org

Class Description:

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

Participants will gain knowledge about various illnesses, coping and communication strategies, navigating the mental health system, local resources, and recovery.



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