



Open to family and friends of individuals with mental health challenges or conditions

SATURDAY,  
DECEMBER 18, 2021  
1:00-2:30 PM PST

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



**Register at <http://bit.ly/2JeCCzq>**

**TOPICS:**

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

FOR QUESTIONS EMAIL:  
[INFO@NAMISOUTHERNNEVADA.ORG](mailto:INFO@NAMISOUTHERNNEVADA.ORG) OR CALL  
(702) 890-9729

**Receive a Free e-Book**



**Southern Nevada**

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