

# @home

 **NAMI** Massachusetts  
National Alliance on Mental Illness

**Safety  
@home**

**Whole  
Health  
@home**

**Support  
@home**

**Starts  
April 23  
10:00 am**

## Online support your way

2<sup>nd</sup> and 4<sup>th</sup> Thursdays 10:00 – 11:30

[\\*Register now](#)

### • Need to talk

- Uncertainty
- Isolation
- Working at home
- Caring for loved-ones
- Frustration

### • Agenda

- 10:00 Check in
- 10:10 Information Session
  - Telehealth
  - Yoga
  - Mindfulness
  - Easy recipes
  - Gluten free cooking
  - Decluttering
  - Decompressing 101
- 10:25 Questions and Answers
- 10:35 Support Group
- 11:20 Closing

### • Time to share

- Coping Skills
- Fun Activities
- How you can help
- Staying in touch
- Battling Boredom

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-  **Practical Information Sessions\***
-  **Questions and Answers**
-  **Open Support Group**

\*Unable to open link? Paste <https://www.eventbrite.com/e/nami-home-support-for-everyone-tickets-102569470046> into your browser.