



National Alliance on Mental Illness

nami Black Hawk Co.

Sharing and Caring

March and April 2019

**Free Evening Education and Support Group for Adults
with Mental Illness, their Families, and Partners**

**Hawkeye Community College Adult Learning Center
120 Jefferson Street in Waterloo-Room 121**

The following Tuesdays from 6 to 7:30 pm

March 12	Post Traumatic Stress Disorder (PTSD)
April 9	Medications and Mental Health Recovery
April 23	Schizophrenia

For more information: contact Leslie Cohn at 319-235-5263

**Supported by: Cedar Valley Dance * Cedar Valley United Way
Community Foundation of Northeast Iowa * County Mental Health and Disability Services
Guernsey Foundation * MercyOne Waterloo Medical Center * Sam's Club-Walmart Foundation
UnityPoint Health-Allen Hospital * Veridian Credit Union**