



National Alliance on Mental Illness

nami | Black Hawk Co.

March and April 2019

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

**Waterloo Center for the Arts-225 Commercial Street
Metal Canopy Entrance nearest to the highway
Second Floor-Rotary Room**

The following Thursdays from 2 to 3:30 pm

March 14	Relationships and Mental Health Recovery
March 28	Post Traumatic Stress Disorder (PTSD)
April 11	Medications and Mental Health Recovery
April 25	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**