



McHenry  
County

NAMI Talk  
Community  
Education

**Join Us...**

**Thursday**

**October 18, 2018**

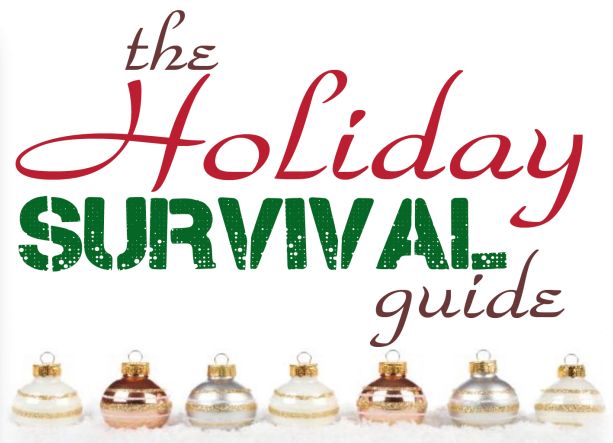
7 pm - 8 pm Q&A to follow

# Setting Boundaries

## OUR PRESENTER

**Rhonda Fried, BC, APN, MS, RN**

A Psychiatric Nurse Practitioner at Mathers Clinic and an Author of 'True Love; Breaking the Cycle of Failed Relationships'. She has worked over 30 years in the health care business, practicing in the outpatient mental health setting since 2005. Rhonda has a wealth of knowledge and experience to tap when talking about people and relationships. And more importantly, what works in changing lives!



**Come Learn  
How to Survive  
the Holidays!**

If you know of someone who would benefit from this presentation, feel free to invite them to join you. These presentations are open and free to the community. **Registration is not required.**

If you have an urgent need to meet with someone for support instead of attending the presentation, please let someone at the sign-in desk know and one of our support facilitators will be happy to meet with you immediately.

**FOR MORE INFORMATION CONTACT: NAMI McHenry County at 815-308-0851**

**LOCATION: Community Resource Center, 620 Dakota Street, Crystal Lake, IL 60012**