



McHenry County

NAMI Talks
Community Education

Join Us...

Resiliency & Life After Loss

Thursday, June 20, 2019

7 pm - 8 pm Q&A to follow

This presentation will discuss the steps to take in life after loss, how to foster resiliency within yourself. There is no manual for survivors of suicide. No rules to help those left behind navigate their grief and anger. After being on the ledge of life, Nancy can share lessons, through her passion, to help you be real and fearless in this thing called life and its adventures.



PRESENTER: Nancy Jo Nelson has a BA in Applied Behavioral Sciences from National Luis University which she completed in 2012 after her husband of 17 years went missing and took his life through suicide in 2009. Coaching was the next step for her to help people everywhere AND herself, earning her certification in 2014 through the Institute for Professional Excellence in Coaching. Author of, "Lessons from the Ledge" published in 2017 after her cathartic journey...She knows there is a message in her mess.

Come hear Nancy's story and learn how to Bend without Breaking!



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