



McHenry County

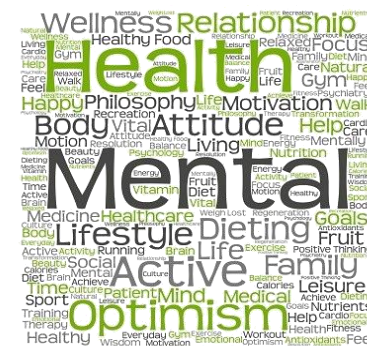


Mental Wellness Matters

Mental Health Awareness Workshop

Join us for a 6-week educational view of depression, anxiety, PTSD (Post Traumatic Stress Disorder) & TBI (Traumatic Brain Injury). You will learn about wellness techniques & tools such as...

- Stress Management
- Family Roles
- Recovery & Self-care
- Communication
- Comfort Animals



Each week we will have experts from our community come in to educate and supply you with valuable resources. This six week 90-minute workshop will be educational & interactive facilitated by Taylor, a NAMI Intern in the Masters of Arts in Clinical Mental Health Counseling at Adler University.

Appropriate for anyone 18+ ages and limited to 30 participants

NO Cost ~ Registration is required

Wednesday evenings

January 29th – March 4th

7:00 – 8:30 pm

NAMI McHenry County
620 Dakota Street
Crystal Lake, IL
(BACK building (MHB), Conf. Room E/F)

REGISTRATION OPEN ~ LIMITED TO 30 ~ SIGN UP TODAY

Register: Contact Phyllis: pseyler@namimchenrycounty.org

Got Questions? Call 815.308.0851