

Are you struggling to support
your loved one with a mental
health condition?



Wednesdays

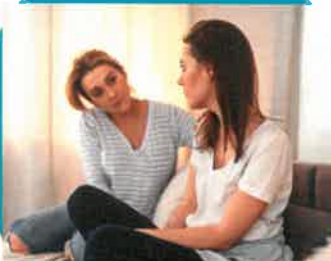
Sep 9 – Oct 28

6:30pm -9:00pm

Zionsville United
Methodist Church
9644 Whitestown Rd
Zionsville 46077

8- Weeks of Education and Support

- How to solve problems and communicate effectively
- Taking care of yourself and managing stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatment and therapies
- The impact of mental health conditions on the entire family



Space is limited

FREE!

Register now by visiting
namniindy.org or emailing
info@namiindy.org