

Virtual Mental Health Webinar

Date: Wednesday, January 29, 2025 Time: 6:30 p.m. - 8:00 p.m.



What You'll Learn

The seminar is led by trained facilitators with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics.

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

Registration is required



Check with your librarian

