



National Alliance on Mental Illness

nami | **Black Hawk Co.**

June-August 2019

**Free Daytime Education/Support Group for Adults with
Mental Illness, their Families, and Partners**

**Waterloo Center for the Arts-225 Commercial Street
Metal Canopy Entrance-nearest to the highway
Second Floor-Rotary Room**

The following Thursdays from 2 to 3:30 pm

June 6	Mental Illness and Substance Abuse
June 20	Depression
July 11	Anger Management and Mental Health
July 25	Borderline/Emotional Intensity Disorder
August 15	Coping with Stress and Mental Health
August 29	Diet and Mental Health

For more information: contact Leslie Cohn at 319-235-5263

Supported by: Cedar Falls Health Trust * Cedar Valley Dance * Cedar Valley United Way
Community Foundation of Northeast Iowa * County Mental Health and Disability Services
Guernsey Foundation * MercyOne Waterloo Medical Center * Otto Schoitz Foundation
Sam's Club-Walmart Foundation * UnityPoint Health-Allen Hospital * Veridian Credit Union

