



National Alliance on Mental Illness

nAMI | Black Hawk Co.

Sharing and Caring June-August 2019

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

**First Congregational Church
608 West 4th Street in Waterloo
Lower Level/Basement of the Church**

The following Tuesdays from 6 to 7:30 pm

June 11	Mental Illness and Substance Abuse
June 25	Depression
July 9	Anger Management and Mental Health
July 23	Borderline Personality/Emotional Intensity Disorder
August 13	Coping with Stress and Mental Health
August 27	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