



National Alliance on Mental Illness

nAMI | Black Hawk Co.

September and October 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

September 12	Suicide Prevention
September 26	Schizophrenia
October 10	Generalized Anxiety Disorder
October 24	Managing Mental Health Relapse

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

**Supported by: CBE Group * 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
UnityPoint Health-Allen Hospital * Veridian Credit Union * Waschek Family Fund**