



National Alliance on Mental Illness

nAMI | Black Hawk Co.

Sharing and Caring September and October 2019

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

**Hawkeye Community College Adult Learning Center
120 Jefferson Street in Waterloo-Room 109**

The following Tuesdays from 6 to 7:30 pm

September 10	Suicide Prevention
September 24	Schizophrenia
October 8	Generalized Anxiety Disorder
October 22	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**