



National Alliance on Mental Illness

nami Black Hawk Co.

March through April 2022

**Free 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**

- | | |
|-----------------|-----------------------------------------------|
| March 10 | Post Traumatic Stress Disorder (PTSD) |
| March 24 | Medications and Mental Health Recovery |
| April 7 | Schizophrenia |
| April 21 | Employment and Mental Health |

****While we share information, these groups do not only focus on that topic. Anyone can attend, no matter your diagnosis or your family member or partner's diagnosis****

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

This Facility Requires that People Wear Masks.

Supported by: CBE Group * Cedar Falls Health Trust * Cedar Valley United Way
Community Foundation of Northeast Iowa * County Mental Health and Disability Services
Gallagher Family Foundation * Guernsey Foundation * MercyOne Waterloo Medical Center
Otto Schoitz Foundation * UnityPoint Health-Allen Hospital * Veridian Credit Union * The VGM Group, Inc.