



National Alliance on Mental Illness

nami Black Hawk Co.

**Sharing and Caring
March through April 2022**

**Free 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 121**

The following Mondays from 6 to 7:30 pm**

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|-----------------|---|
| March 14 | Post Traumatic Stress Disorder (PTSD) |
| March 28 | Medications and Mental Health Recovery |
| April 11 | Schizophrenia |
| April 25 | 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

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.