

# May is Mental Health Month

## NAMI Classes and Programs



### For Parents and Caregivers of Children and Youth

#### Progression

- *Eagan*, May 2-May 30, 5 weekly classes  
6:30 - 8:30 pm  
Eagan Community Center

#### Trauma in Childhood: Building Resiliency (Parent Education Night)

- *West. St. Paul*, May 7, 6:00 – 7:30 pm  
Wentworth Library

### For Adults

#### Hope for Recovery

- *Duluth*, May 4, 9:00 am – 3:00 pm  
Benedictine Living Community of Duluth
- *St. Paul*, May 4, 9:00 am – 3:00 pm  
NAMI Minnesota
- *Willmar*, May 11, 9:00 am – 3:00 pm  
Vinje Lutheran Church

### For the General Public

#### Get to Know NAMI

- *St. Paul*, May 15, 11:30 am - 12:30 pm  
NAMI Minnesota

#### Youth Mental Health First Aid

- *St. Paul*, May 22, 8:00 am - 5:00 pm  
NAMI Minnesota

### Suicide Prevention & Awareness

#### Question, Persuade, Refer (QPR)

- *St. Paul*, May 14, 12:00 - 1:00 pm  
NAMI Minnesota
- *St. Paul*, May 29, 5:30 – 6:30 pm  
NAMI Minnesota

### Public Awareness Presentations

#### Creating Caring Communities

- *Lake Elmo*, May 1, 6:00 – 7:00 pm  
Lake Elmo Library
- *Oakdale*, May 5, at 2:00 – 3:00 pm  
Oakdale Library
- *St. Paul*, May 13, 5:30 – 6:30 pm  
NAMI Minnesota
- *St. Paul*, May 29, 11:00 am – 12:00 pm  
NAMI Minnesota

#### In Our Own Voice

- *St. Paul*, May 1, 11:00 am - 12:30 pm  
NAMI Minnesota
- *Woodbury*, May 16, 4:00 – 5:00 pm  
R.H. Stafford Library
- *Forest Lake*, May 18, 10:00 – 11:00 am  
Hardwood Creek Library
- *St. Paul*, May 20, 5:30 – 6:30 pm  
NAMI Minnesota

Classes are free. Please register online at [www.namimn.org](http://www.namimn.org) or call 651-645-2948.  
See website for additional class listings

NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.