



Greater Des Moines

New Fall Courses

Understanding Mental Illness, Maximizing Self-Care
and Creating a Low-Stress Environment



Workshops & Resources

Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need.

We've developed a variety of courses created specifically for the issues facing our community. And we've transformed the way these programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact. **As always, these courses are absolutely free & everyone is welcome.**

NOVEMBER SESSIONS:

Thursday 11/5 from 12-1:00p CST: Understanding Seasonal Affective Disorder

Do the winter months get you down more than you think they should? This one-hour session includes information on the signs and symptoms of seasonal affective disorder, how to identify when symptoms are worsening, treatment options and tips for supporting loved ones who are struggling.

Click to Register https://zoom.us/webinar/register/4916032191067/WN_7T0eIQUtRlqKRi2K45HMVA

Tuesday 11/10 from 12-1:00p CST: Understanding PTSD

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment and coping mechanisms. An accessible guide to understanding what causes Post Traumatic Stress Disorders, it's symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others.

Click to Register https://zoom.us/webinar/register/1916032227639/WN_OldEMFBIQt-Wv7nq0i1jYw

Thursday 11/12 from 12-1:00p CST: Creating a Low-Stress Environment & Minimizing Crises

Learn strategies to create and maintain a low-stress environment, how to identify & respond to 'red flags', and tips for communicating in times of crisis.

Click to

Register https://zoom.us/webinar/register/7716032242055/WN_YVHKvLR6SWOvTvdTg6Z1tw

Saturday 11/14 from 10-11:00a CST: Supporting & Empowering Loved Ones with Mental Illness [Revised Curriculum]

Understanding how to effectively support friends and family members with mental illness is essential. This one-hour session is lead by a licensed therapist and includes information on the complications of mental illness, the four dimensions of recovery, and an introductory guide to understanding and developing a recovery plan.

Click to

Register https://zoom.us/webinar/register/8516039194868/WN_c9EiyN02REKK1QMJiEA3nQ

Tuesday 11/17 from 12-1:00p CST: Self-Care and the Impact of Mental Illness on Families

The complicated nature of mental illnesses can make living or working with a person experiencing a mental illness especially taxing. Learn strategies to respond to problem behaviors, set boundaries, and manage your own stress in this one-hour session.

Click to

Register https://zoom.us/webinar/register/1916032252269/WN_xeh0C139Sq2wHWhLbmfWA

Wednesday 11/18 from 7:30-8:30p CST: Holiday Stress & Self-Care

The "most wonderful time of the year" doesn't always feel that wonderful, with an array of demands on our time and energy often leaving us feeling depleted, disappointed, and depressed. This one-hour session includes practical tips to manage the stress that accompanies the holidays, tips for self-care, and ways

to find the support you need from a licensed therapist. Let's bring more "peace & joy" back into your holiday season!

Click to

Register https://zoom.us/webinar/register/8516039158321/WN_2aHjZAzATEaswseKTOQRqQ

Thursday 11/19 from 12-1:00p CST: Holiday Stress & Self-Care

The holiday season present an array of demands – parties, shopping and entertaining to name a few. Explore common triggers of holiday stress, learn practical tips for self-care and how to find support when you need it.

Click to

Register https://zoom.us/webinar/register/3316032262817/WN_Tg0EC72eSHW40yLyeXaYlq

DECEMBER SESSIONS:

Tuesday 12/1 from 12-1:00p CST: Setting Limits & Boundaries with Family Members

Maintaining a balance between taking care of loved ones and setting boundaries can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises in this one-hour session.

Click to

Register https://zoom.us/webinar/register/9516032298871/WN_FtOfU3OAR6SKygF1B6_8dw

Thursday 12/3 from 12-1:00p CST: Understanding Mental Illness

An accessible guide to understanding the categories of mental health disorders, how prevalent they are, and what causes mental illness. Separate myths & facts and learn strategies to combat stigma and help others in this one-hour session.

Click to Register https://zoom.us/webinar/register/9016032305181/WN_S-GpiMITTwOqnCb_Klizqw

Tuesday 12/8 from 12-1:00p CST: Holiday Stress & Self-Care

The “most wonderful time of the year” doesn’t always feel that wonderful, with an array of demands on our time and energy often leaving us feeling depleted, disappointed, and depressed. This one-hour session includes practical tips to manage the stress that accompanies the holidays, tips for self-care, and ways to find the support you need from a licensed therapist. Let’s bring more “peace & joy” back into your holiday season!

Click to Register https://zoom.us/webinar/register/7816032312424/WN_4QDrYK7qSA-S9QxxDzcsA

Thursday 12/10 from 12-1:00p CST: Understanding Depression

How is depression different from sadness? An accessible guide to understanding causation, symptoms and treatment options for depressive disorders. Includes practical tips for managing symptoms and helping others.

Click to

Register https://zoom.us/webinar/register/4516045293815/WN_WOu2Uc2JTNuiVjc614mBLg

[Click to Browse all NAMI Greater DSM Courses](#)

ABOUT THE INSTRUCTORS

MARY KATE LEISTER

Mary Kate Leister, LMSW, holds a master's degree in social work from the University of Missouri-Columbia. In her career as a therapist and social worker, Mary Kate has worked with people experiencing a broad range of challenges including homelessness, human trafficking, addiction, and mental illness.

Currently she serves as a pediatric social worker and co-chairs an anti-human trafficking task force. Mary Kate is passionate about ending the stigma surrounding mental illnesses and building stronger communities. In her spare time, she enjoys reading, movies, and photography.

SUSAN DANNEN

Susan Dannen is a Licensed Independent Social Worker with over 25 years of experience in the mental health field. She has held positions as an In-home therapist, Day Treatment Therapist, School-Based Therapist, Outpatient Therapist, Hospital/Clinic Therapist, Program Supervisor, and Director. She was an Adjunct Professor at Adler Graduate School in MN, and a trainer/writer for the MN Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, Univ. of IL Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, and foster care/adoption. She is passionate about educating and supporting others to find hope and healing.

In her free time, Susan enjoys yoga, nature, making pottery, art, music, sports, and theatre.

Support Our Programs

All of the programs offered by NAMI Greater Des Moines are being provided without cost to our community. However, as a 501(c)3 non-profit organization, we exist based on the generosity of our supporters.

If you have enjoyed our programming and have the means available, we invite you to consider supporting NAMI Greater Des Moines with a tax-deductible contribution.

DONATE NOW

