

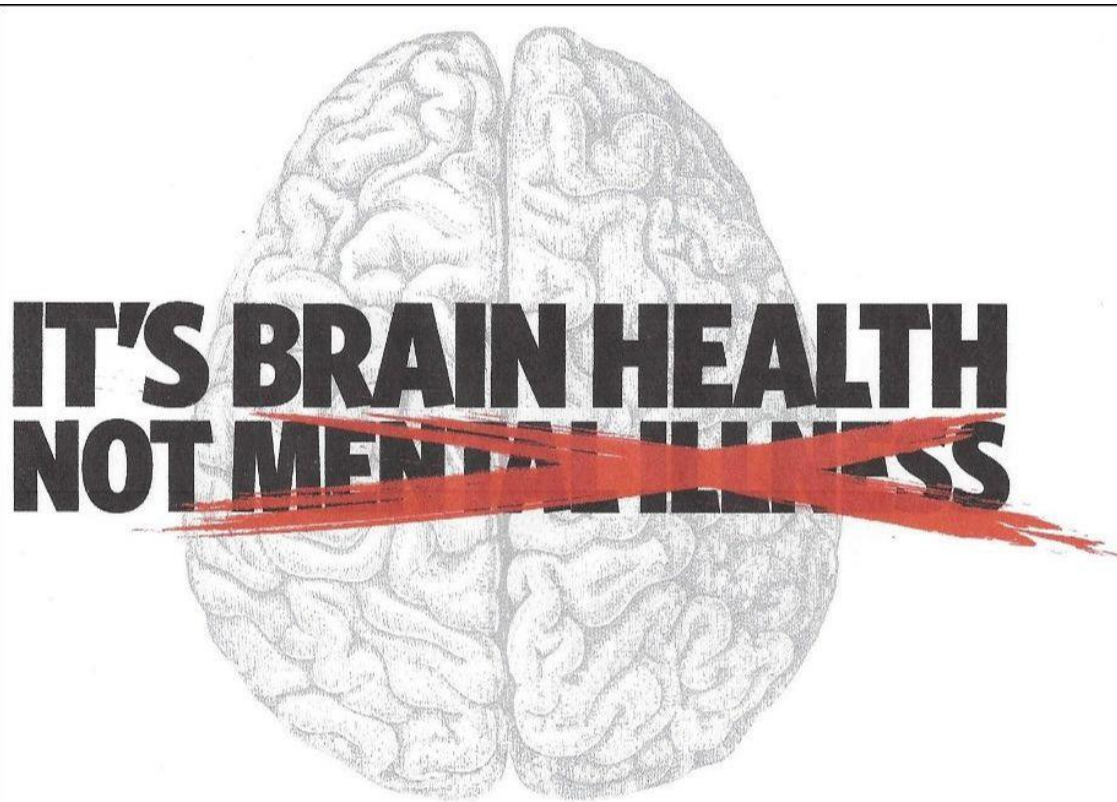
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The February 2021 NAMI Greater Des Moines Journal Newsletter has been posted [here](#).

- At the same location as the newsletter, is a multi-page document of "**Additional Mental Health Related Articles from Around the Nation**".
- At the same location as the newsletter, is a document containing the "**February Community Classes**" information. The classes are all free. Registration information is provided.
- The "**Inspirational Speaker series**" begins on Feb.3 - please go to www.weareherewithyou.com to register. The speaker series is free, too.
- The office remains closed. Please communicate with the Director and Assistant Director via email addresses and phone numbers. Both are on the first page of the newsletter.

Stay warm, safe, wear a double mask, wash your hands and stay physically distant from others. Communicate with friends and family always.



A new anti-stigma campaign has begun. It has been embraced by the 14 MHDS Regions as well as others. The term "Brain Health" is encouraged to be used instead of "Mental Illness". For more information and infographics, click [here](#).

 **NAMI** Greater Des Moines
National Alliance on Mental Illness



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