

 NAMI Greater Des Moines

WE ARE HERE. WITH YOU.

We believe that uncertainty always comes before growth, that change is just another word for opportunity, and that the antidote to fear is inspiration.

We believe in the indomitable spirit of a community united.

2021 Speaker Series

Featuring keynotes from some of the top
inspirational speakers in the country.

February 3 - April 14

No Cost to Attend | Everyone is Welcome

REGISTER NOW

February 3 | Mary Kelly, PhD | "P.I.V.O.T." | 12-1:00p CST

The six stages of crisis response and strategies for shifting to a mindset of proactive creativity.

February 17 | Curtis Hill | Leadership Lessons from the Hood | 12-1:00p CST

Transformed drug dealer and gang member turned educator/administrator shares lessons in overcoming adversity.

March 3 | Sarah Noll Wilson | Chronically Curious | 12-1:00p CST

Diagnosed with a panic disorder and ADHD in her 30s, Sarah shares her humorous and inspirational journey of self-discovery.

March 17 | Claudia Schabel | The Neuroscience of Inclusion | 12-1:00p CST

Claudia shares strategies to develop and leverage workplace diversity with tools to uncover unconscious biases.

March 31 | Devin Henderson | Something Greater is Always Possible | 12-1:00p CST

Award-winning comedian, magician, and father of six daughters, shares how to use a "possibility mindset" to rise through unexpected challenges.

April 14 | John Register | Amputate Your Fear | 12-1:00p CST

Four-time All American, decorated Gulf War veteran, amputee, and Paralympic medalist speaks on "hurdling adversity."

REGISTER NOW

FEBRUARY WEBINARS:

Understanding Seasonal Affective Disorder: Tues 2/2 from 12-1:00p CST

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/1316068330420/WN_txerUABqS5CHpbMzGR07sQ

Understanding Mental Illness: Thurs 2/4 from 12-1:00p CST

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/1316068330420/WN_7aGoccDQQGSfi7Kao_09TQ

Managing Stress: Tues 2/9 from 12-1:00p CST

The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and effective ways to manage stress with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_z583zUPIQ1eobPWW6usQag

Self-Care & the Impact of Mental Illness: Thurs 2/11 from 12-1:00p CST

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/1316068330420/WN_TKigHxwQg-PDVFbV8iaRg

Understanding PTSD: Tues 2/16 from 12-1:00p CST

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 Disorder, it's symptoms, co-occurring disorders and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_WrmAlyKkSJ2gLh9AiNxkTw

Communication Do's & Don'ts: Thurs 2/18 from 12-1:00p CST

Understanding how mental illness impacts thinking and behavior helps to reduce frustration & stress, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings, verbal and non-verbal messaging, cognitive reframing and active listening techniques in this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_OM0MhAI9Rt6ssmsPYybTIQ

Understanding ADHD: Tues 2/23 from 12-1:00p CST

Attention deficit hyperactivity disorder (ADHD) is not just about hyperactive people and short attention spans. An accessible guide to understanding causation, symptoms and treatment options for ADHD. Learn practical tips for managing symptoms and helping others with a licensed therapist during this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_I4jm4jyDTkWXxiXvRZXTsg

Problem Solving: Thurs 2/25 from 12-1:00p CST

Confronting problems can be challenging. Heightened emotionality, irrational thinking, impaired judgment, impulsivity, and distorted perceptions interfere with

our ability to solve problems quickly and efficiently. Learn strategies for effective problem solving and conflict management with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_FDp34hIXRHC3HGWL8uV-0w

Browse all NAMI Greater DSM Courses

MEET THE INSTRUCTORS

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 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.



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