



NAMI Greater Des Moines

February Course Guide

Understanding the Science & Stigma of Mental Health



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 platform created specifically for the issues facing our community. And we've transformed the way our programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact.

As always, these events are absolutely free & everyone is welcome.

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_O9TQ

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_z583zUPIQ1eobPWV6usQag

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_TKigHvxwQg-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_I4jm4jyDTkWXxiXvRZXTsq

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

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

2021 Speaker Series

We're back with a new lineup packed with some of the top motivational speakers in the country!

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."

[Click to Register for Speaker Series](#)

Support Community Mental Health

Mental health is health, and 2020 amplified this as stress, isolation, and uncertainty has impacted so many families. NAMI Greater Des Moines has experienced an incredible 274% increase in demand and served 107,114 people last year. **These critically important mental health services are made possible through donations from people like you** and allow us to continue to provide these essential services free of charge.

If you have enjoyed our programming and have the means available, we invite you to support NAMI Greater Des Moines with a tax-deductible contribution. Your financial support will help ensure that we can continue

to be a beacon of hope in this unique time in the world.

Donate Today



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