



**mindspring**  
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

# Upcoming Webinars

understanding mental health and maximizing self-care

## **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.

**These events are absolutely free and everyone is welcome**



## August Webinars

### **Creating a Low-Stress Environment & Minimizing Crises | Tues 8/17 | 12-1:00p**

Families are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. 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 with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_qTCncvZVTAYO1qFhUTqhw](https://zoom.us/webinar/register/1316068330420/WN_qTCncvZVTAYO1qFhUTqhw)

### **Setting Healthy Boundaries in Relationships | Wed 8/18 | 12-1:00p CDT**

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself 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 with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_HdH7DDq\\_TXuDzTAoQb06Q](https://zoom.us/webinar/register/1316068330420/WN_HdH7DDq_TXuDzTAoQb06Q)

### **Conflict Management & Problem Solving in Relationships | Thurs 8/19 | 12-1:00p CDT**

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 in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_4PiiCmrLTYWZnkNp3bO7-Q](https://zoom.us/webinar/register/1316068330420/WN_4PiiCmrLTYWZnkNp3bO7-Q)

### **Creating Positive Connections in Discipline | Tues 8/24 | 12-1:00p CDT**

Does punishment change children's behavior? Explore the differences between discipline and punishment and discover ways that discipline can be used to create trusting relationships that foster success. This course is designed for professionals who work with children and families, and is developed from a culturally conscious and trauma-informed lens.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_MzjzIJSpR8eJdbMrL13kIw](https://zoom.us/webinar/register/1316068330420/WN_MzjzIJSpR8eJdbMrL13kIw)

### **The Science Behind Mental Health | Wed 8/25 | 12-1:00p CDT**

Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental illnesses simply physical diseases that happen to affect the brain? Or do these disorders belong to a class all their own? An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. Separate myths and facts on this often-misunderstood topic.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_9SBYMUyrQESySe-8L36AnQ](https://zoom.us/webinar/register/1316068330420/WN_9SBYMUyrQESySe-8L36AnQ)

### **Stress: Signs, Symptoms, Management & Prevention | Thurs 8/26 | 12-1:00p CDT**

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 practical ways to manage distress and calm your nervous system.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_5xzQIZAoSvafjaQtltJqWQ](https://zoom.us/webinar/register/1316068330420/WN_5xzQIZAoSvafjaQtltJqWQ)

### **Understanding Personality Disorders | Tues 8/31 | 12-1:00p CDT**

Personality describes everything about you, and personality disorders can be challenging to manage. In addition to dealing with the illness itself, people often struggle with the myths and stigma surrounding personality disorders. Explore the three categories of personality disorders, their symptoms, causation, and treatment. Learn practical tips for managing symptoms and supporting others.

Register Here [https://zoom.us/webinar/register/1416068330319/WN\\_KFrh2YAERMqd41JclK\\_LA](https://zoom.us/webinar/register/1416068330319/WN_KFrh2YAERMqd41JclK_LA)

## **September Webinars**

### **Understanding Narcissistic Personality Disorder | Wed 9/1 | 12-1:00p CDT**

People often label others as narcissists without having a clear understanding what this diagnosis really means. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_PAzoiNbQ5ifFwsJPI4pjA](https://zoom.us/webinar/register/1316068330420/WN_PAzoiNbQ5ifFwsJPI4pjA)

### **Understanding Borderline Personality Disorder | Thurs 9/2 | 12-1:00p CDT**

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causation, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_fF-54uXGSB2AiJiUF92Qjw](https://zoom.us/webinar/register/1316068330420/WN_fF-54uXGSB2AiJiUF92Qjw)

### **Understanding Depression | Tues 9/7 | 12-1:00p CDT**

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

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_Jyw-rbNYRiKuqxFnzxA1rQ](https://zoom.us/webinar/register/1316068330420/WN_Jyw-rbNYRiKuqxFnzxA1rQ)

### **Understanding Anxiety | Wed 9/8 | 12-1:00p CDT**

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_F9iUDe-ZRny1qJ7F2GRHBQ](https://zoom.us/webinar/register/1316068330420/WN_F9iUDe-ZRny1qJ7F2GRHBQ)

### **Self-Care & The Impact of Mental Illness on Loved Ones | Thurs 9/9 | 12-1:00p CDT**

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.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_yVTkBtxtQ\\_6-axXKhnrUw](https://zoom.us/webinar/register/1316068330420/WN_yVTkBtxtQ_6-axXKhnrUw)

### **Understanding Body Dysmorphic Disorder | Tues 9/14 | 12-1:00p CDT**

Body Dysmorphic Disorder is defined by negative self-evaluation and misperceptions about one's appearance. Preoccupation and hyper focus on perceived flaws can result in depression, anxiety, and social isolation -- and many people with BDD do not talk to others about it, which leads to further isolation, stigmatization and suffering. Explore the diagnostic criteria, symptoms, common misconceptions in this one-hour session. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_v65TY4soSG6ZDNIkWJh0bw](https://zoom.us/webinar/register/1316068330420/WN_v65TY4soSG6ZDNIkWJh0bw)

### **Understanding Eating Disorders | Wed 9/15 | 12-1:00p CDT**

Although our culture is decidedly preoccupied with food and weight, and disordered patterns of eating are

very common, clinical diagnosis of eating disorders is less common. Even for professionals who have been treating them for years, eating disorders can be baffling and confusing illnesses. Explore the types of eating disorders, their signs, symptoms, risk factors, and treatment in this one-hour session. The webinar includes practical steps for supporting loved ones and tips for discussing this often-misunderstood topic.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_WsbNiaDUShWUaogNEoGk\\_g](https://zoom.us/webinar/register/1316068330420/WN_WsbNiaDUShWUaogNEoGk_g)

### **Understanding Avoidant/Restrictive Food Intake Disorder | Thurs 9/16 | 12-1:00p CDT**

Avoidant/Restrictive Food Intake Disorder is an eating disorder characterized by very selective eating habits, a disturbance in eating patterns, or both. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_ikhST4PpRxqo91HIA24EEw](https://zoom.us/webinar/register/1316068330420/WN_ikhST4PpRxqo91HIA24EEw)

[Click to browse all upcoming webinars](#)

## **MEET THE INSTRUCTORS**

**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 Minnesota, and a trainer/writer for the Minnesota Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, University of Illinois 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.

**Jaymi Dormaier**, LMSW, holds a master's degree in social work from Michigan State University. In Jaymi's career as a social worker and therapist she has worked with a diverse population focusing on a variety of issues, including homelessness, depression, anxiety, grief, trauma, foster care, adoption, and addiction. She is passionate about helping others live a life they love.

Jaymi is on the board of a non-profit organization focused on bringing more happiness to the world through random acts of kindness. In her free time Jaymi enjoys spending time with her dog, volunteering in her community, and camping.



**mindspring**  
MENTAL HEALTH ALLIANCE

In March 2021 the members of NAMI Greater Des Moines unanimously voted to become Mindspring Mental Health Alliance. Our programs and services remain the same, as is our commitment to provide no-cost / low-cost mental health education, advocacy and support. And as an independent charity we provide transparency about how donations are used by the organization.

In the years we've spent supporting the mental health of our community, we've learned that historic achievement is simply the aggregation of many small steps. So we invite you to join us, as we tip-toe, step and stride into the future.

With much love and appreciation,  
Mindspring



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