



mindspring

MENTAL HEALTH ALLIANCE

An independent organization formerly known as NAMI Greater Des Moines

In this email: Monthly notes, change of location for our golf tournament.

The September Journal/Newsletter has been posted [here](#)

- A multi-page document entitled "**Additional Mental Health Articles From Around the Nation**" - for your reading pleasure is at the same location as the September newsletter.
- A **September Course Guide**. Access to register for the classes is in the document. Community education classes are at **no cost** to you. The Workplace education classes have a \$5 per person cost. The **September** Course Guide is also located in the same location as the September newsletter.
- **Support groups** that are meeting in person are listed in the newsletter.
- The Polk County Children's Mental Health Crisis Services **decision charts** are included again in this issue of the Mindspring newsletter. Basic information about the regional mental health system is also included.
- Please contact kkerner@mindspringhealth.org if you have questions or concerns or need an appointment at our office.
- Our websites are www.mindspringhealth.org or www.weareherewithyou.com.
- We are offering our **crisis cards for sale**. You can personalize the cards with your organization's name and website. We have found the cards to be incredibly useful - people appreciate the instantaneous help on the cards since they are wallet-size and are made of a nearly indestructible material.
 - Do's and Don'ts in a Mental Health Crisis
 - Suicide Warning Signs and Response
 - Compassionate Communication (*can double as a business card*)

- The website is bit.ly/mindspringcrisiscards

Due to interference from a third party, we have a late change to a new location for the Golf Tournament. The new location is:

Terrace Hills Golf Club, 8700 NE 46th Avenue, Altoona



Friday, Sept. 10 is our Golf Tournament

Become a sponsor, a golfer and/or a donor!

\$200 is a family sponsorship

\$250 is a spectator sponsorship

\$500 is an amateur sponsorship
\$1000 is a driving range sponsor
more levels up to \$15,000 - a master's sponsor

Donations of any size are welcome!

Find registration materials, sponsorship and other information
[here](#)

Email: Golf@mindspringhealth.org

Call: Kristi at 515-277-0672



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