

Fall 2020 Course Guide

Understanding the Science of Mental Health, Stigma, & Empowerment



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 series of educational courses created specifically for the issues facing our community. We've transformed the way these programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact. **As always, these courses are absolutely free & everyone is welcome.**

OCTOBER SESSIONS:

Thursday 10/22 from 12:00-1:00p CST: Empowering Loved Ones

How can families best support their loved one's recovery? This one-hour session includes information on the four dimensions of recovery, setting goals and developing a recovery plan.

Click to Register https://zoom.us/webinar/register/7316031517571/WN_UOcNiA4ASFqn2fpg_tlziQ

Tuesday 10/27 from 12-1:00p CST: The Stigma of Mental Illness

This one-hour session includes discussion of the origins of understanding mental illness, how misinformation is spread and how the stigma of mental illness impacts individuals and families. Learn tips for correcting negative perceptions and reducing stigma.

Click to Register https://zoom.us/webinar/register/6116032135230/WN_aFsVMa4vTOuWuGrt1_Vw2A

Thursday 10/29 from 12-1:00p CST: The Science of Mental Illness

An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. We'll separate myths and facts on this often misunderstood topic.

Click to Register https://zoom.us/webinar/register/9516032145086/WN_JRzOyuxXQJmrJxp9M9FvnQ

NOVEMBER SESSIONS:

Tuesday 11/3 from 12-1:00p CST: Understanding Anxiety

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, it's symptoms, common misconceptions and how relationships are impacted. Includes a discussion of co-occurring disorders, treatment options, and practical tips for managing symptoms and helping others.

Click to Register https://zoom.us/webinar/register/8116032153001/WN_hjSyvumHSLOWAspviHkjlw

Thursday 11/5 from 12-1:00p CST: Understanding Seasonal Affective Disorder

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/4916032191067/WN_7T0eIQUtRlqKRi2K45HMVA

Tuesday 11/10 from 12-1:00p CST: Understanding PTSD

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 Disorders, it's symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others.

Click to Register https://zoom.us/webinar/register/1916032227639/WN_OldEMFBIQt-Wv7nq0i1jYw

Thursday 11/12 from 12-1:00p CST: Creating a Low-Stress Environment & Minimizing Crises

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.

Click to Register https://zoom.us/webinar/register/7716032242055/WN_YVHKvLR6SWOvTvdTg6Z1tw

Tuesday 11/17 from 12-1:00p CST: Self-Care and the Impact of Mental Illness on Families

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/1916032252269/WN_xeh0C139Sq2wHWhLbmfWA

Thursday 11/19 from 12-1:00p CST: Holiday Stress & Self-Care

The holiday season present an array of demands – parties, shopping and entertaining to name a few. Explore common triggers of holiday stress, learn practical tips for self-care and how to find support when you need it.

Click to Register https://zoom.us/webinar/register/3316032262817/WN_Tg0EC72eSHW40yLyeXaYlq

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

Support Our Programs

All of the programs offered by NAMI Greater Des Moines are being provided without cost to our community. However, as a 501(c)3 non-profit organization, we exist based on the generosity of our supporters.

If you have enjoyed our programming and have the means available, we invite you to consider supporting NAMI Greater Des Moines with a tax-deductible contribution.

DONATE NOW

About the Instructor

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.