



NAMI Greater Des Moines

March Course Guide

Understanding Mental Health & 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.

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

Managing Stress & Burnout for Professionals | Mon 3/1 | 12-1:00p CST

Stress is something we all experience in our personal and professional lives. Learn how to manage distress to avoid career burnout and discover effective ways to cope in this one-hour session with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_AIRIijRSRwiUHc4LfZ2hRg

Common Family Reactions to Mental Illness | Tues 3/2 | 12-1:00p CST

Understanding why people experience things differently can help to ease tension & increase acceptance. Understand the stages of emotional response, the stages of the caregiving experience, and learn how to respond and cope in this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_4V-n6-xrTqy2jbXFsLUGPw

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

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

Click to Register https://zoom.us/webinar/register/4016101332451/WN_SSjYuRgQRNe3wdzN4BZHmA

Understanding Anxiety | Thurs 3/4 | 12-1:00p CST

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 with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_7QZvU90nSti4YTBEJ98sIA

Setting Limits & Boundaries | Tues 3/9 | 12-1:00p CST

Maintaining a balance between taking care of loved ones and setting boundaries 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 in this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_4C1eHOICQIKBSQ-4Yw_KjQ

Understanding Bipolar Disorder | Thurs 3/11 | 12-1:00p CST

Bipolar disorder involves more than mood swings. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_2u6MvbPuT3SzoThK- sIMA

Empowering Loved Ones | Tues 3/16 | 12-1:00p CDT

Understanding how to effectively support friends and family members with mental illness is essential. This one-hour session is lead by a licensed therapist and includes information on the complications of mental illness, the four dimensions of recovery, and an introductory guide to understanding and developing a recovery plan.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_UVXzzGx0Q9Ga2-2U_DPiBq

Claudia Schabel | The Neuroscience of Inclusion | Wed 3/17 | 12-1:00p CDT

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

Click to Register https://zoom.us/webinar/register/4016101332451/WN_SSjYuRgQRNe3wdzN4BZHmA

Understanding Hoarding | Thurs 3/18 | 12-1:00p CDT

Hoarding is a compulsive behavior that involves much more than keeping extra papers around. This seminar explores the reasons people hoard, common symptoms of hoarding, and the impact hoarding has on both the individual and the family. Explore treatment options and tips for communicating with someone who hoards in this one-hour session with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_sJKpipGRTZ2gFNPLOSiGWw

Creating a Low-Stress Environment & Minimizing Crises | Tues 3/23 | 12-1:00p CDT

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.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_5Y4kSZ3nRYmNuVKQWlfobA

Understanding Depression | Thurs 3/25 | 12-1:00p CDT

How is depression different from sadness? An accessible guide to understanding causation, symptoms and treatment options for depressive disorders. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_p5iXQ0sgTJ-UIHo6kktBJQ

The Stigma of Mental Illness | Tues 3/30 | 12-1:00p CDT

How does cultural bias impact treatment, prevention & recovery? 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 with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_7MRH9rsYSZ-qWdLadmExFQ

Devin Henderson | Something Greater is Always Possible | Wed 3/31 | 12-1:00p CDT

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

Click to Register https://zoom.us/webinar/register/4016101332451/WN_SSjYuRgQRNe3wdzN4BZHmA

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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.

Support Community Mental Health

Mental health is health, and the past year has amplified this as stress, isolation, and uncertainty has impacted so many families. In 2020, NAMI Greater Des Moines experienced an incredible 2470% increase in demand and served 107,114 people. **These critically important mental health services are made possible through donations from community members 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.

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