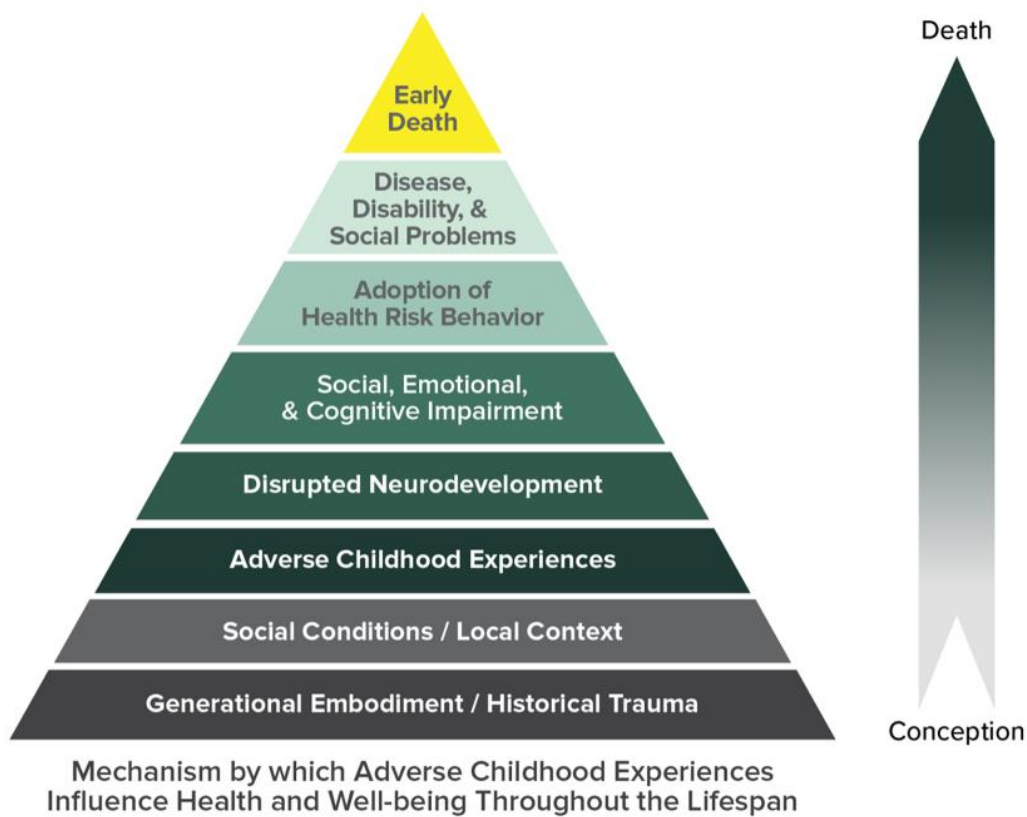




The December 2020 Journal/Newsletter is posted [here](#).

- A multi-page document of "Additional Mental Health Related Articles from Around the Nation" has been posted at the same location as the newsletter.
- The December Mental Health Education Seminars" we are offering are posted at the same site as the newsletter, too. These classes are **free**.
- A link has been provided on the home page of our website (www.namigdm.org) to an updated list of Covid Recovery Resources. These resources are provided by DHS through a FEMA grant and are **free**.
- The NAMI Greater Des Moines office continues to be closed. Appointments should be confirmed and questions directed to director@namigdm.org - the Executive Director.
- NAMI Greater Des Moines Support groups have been suspended. No support groups are included in the December newsletter. When support groups can be resumed, we will include them again in future newsletters.



The 2020 ACES report is available [here](#).

Great communities are made by people, and people need a strong foundation in order to thrive. To establish this foundation, lowans have been promoting healing and resilience within our communities and surrounding systems. Together, we are building a brighter future for all.

Read the report, find wisdom, hope and ways we can all promote healing and resilience.



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