

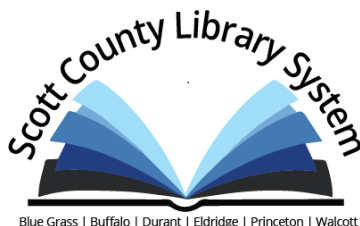


**Monday**  
**September 8th 2025**  
**6:00 to 7:30 p.m.**  
**Scott County Library System**  
**First Amendment Room**  
**200 North Sixth Avenue**  
**Eldridge, IA 52748**

**Register Online through NAMI GMV:**  
**<https://bit.ly/4jLwQQU>**



**Thank you to our host:**



## **FOR FAMILY & FRIENDS**

### **WHAT YOU'LL LEARN:**

This free 90-minute program is delivered by a team of certified NAMI family educators who understand your situation because they, too, have been through something similar.

Their goal is to offer practical skills and information to address your immediate concerns.

- Understanding mental health diagnoses, treatment & recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

### **ADDITIONAL RESOURCES:**

The NAMI Family & Friends companion eBook provides important information about mental health conditions including: conditions and diagnoses, treatment and recovery, crisis planning, resources and more. Interested attendees will receive the complimentary eBook resource guide via email at the completion of the seminar.



**[www.namigmv.org](http://www.namigmv.org)**