

Transitions

A Free Workshop for Parents of Youth Living with Mental Illnesses



February 29, 2016
6:00 pm – 8:00 pm

Forest Lake

Hardwood Creek Library
19955 Forest Lake Rd.N

Visit

<https://TransitionsForestLake29.eventbrite.com/> to register.

Registration is required.



National Alliance on Mental Illness

MINNESOTA

800 Transfer Road, Suite 31

St. Paul, MN 55114

Phone: 1-651-645-2948

Toll Free: 1-888-626-4435

www.namihelps.org

Class Description:

Join us for a workshop to help parents prepare their teen or young adult for independence by teaching them about resources in education, the workplace and independent living.

Parents also learn about the new rights young adults gain as they reach adulthood, and what to do if their young adult is not yet ready for total independence.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.