

NAMI ST. CLOUD AREA
320-654-1259
2021 Education Programs

Third Tuesday: February thru December

6:00 to 7:00 PM via Zoom until further notice

Please visit our website for Zoom access information: www.namistcloud.com

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| 19 January | No Educational Program this month....Annual Board Meeting |
| 16 February | “How to Plan an Awesome Adventure”, Heidi Ampe, MSW, LICSW
St Cloud VA |
| 16 March | “Acquiring and Maintaining Hope”, Dale Anderson, MS, CPRP |
| 20 April | “Hoarding”, Janice Kuefler, BS |
| 18 May | Consumer Panel: Consumers share Their Journey from Illness to Recovery,
Dale Anderson, MS, CPRP, Moderator |
| 15 June | Minding Your Mental Health During COVID-19,” Kay King, Nami Minnesota
Older Adults Program Coordinator & Community Educator |
| 20 July | “The Least Restrictive Alternatives to Inpatient Care”, Cathy Lagow, LP,
CMMHC |
| 17 August | Meet with Area Legislators to review Legislative results and discuss other
State and Local Issues |
| 21 September | “Law Enforcement and Mental Illness”, Sgt. Tad Hoeschen, St Cloud PD |
| 19 October | To be announced |
| 16 November | “Tips to Prevent the Holiday Blues”, Nick Johnston, MSSW, Ph.D, LICSW |
| 21 December | “Suicide Prevention”, Lisa Bershok, MSW, LICSW, CentraCare
Suicide Prevention Coordinator |