

**NAMI St. Cloud Area  
2020 Education Programs  
157 Roosevelt Rd., St. Cloud MN 56301  
3<sup>rd</sup> Tuesday of the month, 6:30 PM  
1 CEU available for each program  
320-654-1259**

- 21 January:** No education program. Annual Board meeting, Members welcome.
- 18 February:** "Tips to Help You Overcome Adversity", Melissa Wanna
- 17 March:** "Acquiring and Maintaining Hope", Dale Anderson, MS, CPRP  
Hope Community Support Program
- 21 April:** "Dementia 101", Emma Kiefer, Community Educator, St. Croix Hospice
- 19 May:** "Consumer Panel: Consumers share their Journey from Illness to Recovery,  
Dale Anderson, MS, CPRP, Moderator. Hope Community Support Program
- 16 June:** "SAVE Gatekeeper Training". Lisa Bershok, CentraCare
- 21 July:** "How to Plan an Awesome Adventure", Heidi Ampe MSW, LICSW  
St Cloud VAMC
- 18 August:** Meet with area Legislators to discuss Legislative results plus State and Local Issues.
- 15 September:** "Law Enforcement and Mental Illness," Sgt. Tad Hoeschen, St. Cloud PD
- 20 October:** "A Review of Least Restrictive Alternatives to Inpatient Care,"  
Catherine A. LaGow, MS, LP, CMMHC
- 17 November:** "Tips to Prevent the Holiday Blues", Nick Johnston, Ph.D, LICSW
- 15 December:** To be announced