

Central Minnesota Parent Voices of NAMI St. Cloud

The 8 Dimensions Of Wellness

In accordance with SAMHSA 10x10 Wellness Campaign, **Parent Voices of NAMI St. Cloud** is focusing on one of the eight dimensions of wellness during each of the upcoming meetings.

Emotional
Social
Financial
Spiritual
Occupational
Physical
Intellectual
Environmental



Discussions will follow support, as time allows, during the monthly meetings. We occasionally feature speakers, when available, to share their knowledge related to these subjects. Be sure to check out either namistcloud.com and go to the Parent Voices page, or MNMentalhealth.org calendar for more info on the next meeting.

**Parent Voices Support
Group Meetings are held
on the second Tuesday of
each month.**

Time: 6 p.m.

Location:

**Clara's House
1564 County Road. 134
St. Cloud, MN**

*Shining a light of
hope on
children's
mental illness ...*



*Wellness connects
all aspects of health.*

Parent Voices of NAMI St. Cloud offers families of children affected by a mental illness a safe haven where they can find acceptance, HOPE, and education. It is our intent to eradicate stigma associated with mental illness and assist families in knowing where to find the help they need.

**For more information, email:
parentvoicesofnamisc@gmail.com**

**Parent Voices
of
NAMI St. Cloud**
National Alliance on Mental Illness