

Education:

NAMI Ending the
Silence for Parents
& Caregivers

Tues May 11th
6pm - 7pm (CST)

Wellness:

**Spending
Plans for the
Budget Savvy**

Mon May 3rd
6pm - 7pm (CST)

Education Class:

**Panel Discussion:
The Importance of
Diversity in
Mental Health**

Professionals
Thurs May 13th
7pm - 8pm (CST)

Support Groups:

NAMI CONNECTIONS
recurring weekly
every Wednesday

5:30pm - 6:30pm (CST)

every Thursday
noon - 1pm (CST)

Wellness:

BINGO!

Hosted by
NAMI Aberdeen

Thurs May 6th
6pm - 7:00pm (CST)

Support Groups:

**NAMI Family
Support Group**

recurring 1st & 3rd
Sunday each month
6pm to 7pm



South Dakota

**Mental Health
Awareness Month**

May Virtual Activities

WELLNESS WEEK

Wellness:

**Art Session
with Joan Zych**

Mon May 17th
6pm - 7pm (CST)

Wellness:

**Tips to Planting
your Garden**

Wed May 19th
7pm - 8pm (CST)

Cooking Class

Thurs May 20th
6pm - 7pm (CST)

Wellness

**Meditation
with Jay!**

Thurs May 27th
5pm - 6pm (CST)

REGISTER FOR EVENTS ON THE
NAMI SD FACEBOOK PAGE OR AT
NAMISOUTHDAKOTA.ORG

FOR MORE INFORMATION OR QUESTIONS
EMAIL US AT NAMISD@MIDCONETWORK.COM