

# Parent Resources



January 16th, 2019

## Join us for our next Super Saturday in St. Paul



We're excited to announce that we'll be hosting another Super Saturday worth of classes on **March 9th, 2019!** These classes are free, open to the public, and childcare is available for those who request it in advance. This event is geared towards parents, family members, or loved ones of children living with mental illness. No CEUs are approved for

this event, but certificates of attendance will be available to attendees upon request.

Location: Central High School  
275 Lexington Parkway North, Saint Paul MN, 55104

### Morning sessions (9-11am):

- **Trauma-informed Care for Parents and Educators** - [Register, here.](#)
- **Mental Health Crisis Planning for Families** - [Register, here.](#)
- **Understanding Early Episode Psychosis for Families** - [Register, here.](#)
- **Guardianships and Trusts** - [Register, here.](#)
- **Wellness series: Sleep Health (9-10am)** - [Register, here.](#)
- **Wellness series: Self-Care & Mindfulness** - [Register, here.](#)

Lunch included followed by advocacy binders, resource booths, and other activities.

### Afternoon session (12-2pm):

- **Tools to Support Emotional Regulation & Anxiety in Children** - [Register, here.](#)
- **Understanding the Children's Mental Health System** - [Register, here.](#)
- **Special Education: Helping Students Succeed** - [Register, here.](#)
- **Planificación para crisis de salud mental (en Espanol)** - [Register, here.](#)
- **Introducción a la Salud Mental (en Espanol)** - [Register, here.](#)

For questions or more information about childcare, contact Caroline Ludy at [cludy@namimn.org](mailto:cludy@namimn.org) or at 651-645-2948 ext. 135

# NAMI Minnesota and the University of Minnesota's Annual Research Dinner

## Join us on February 26th for our Research Dinner!

**NAMI Minnesota (National Alliance on Mental Illness)** is pleased to bring you the latest from the **University of Minnesota Department of Psychiatry!** University researchers will present their latest findings, introduce new studies that are underway and answer your questions. Join us for an evening of information and hope.

### PRESENTERS:

- **Justin Anker, PhD:** *Double the Trouble: When Addiction Co-Occurs with Mental Illness*
- **Sophia Albott, MD:** *Depths of Despair: Features of Severe Depression and New Treatment Approaches*
- **Christine Conley, PhD:** *Stuck on Repeat: Obsessive-Compulsive Symptoms in Youth and Young Adults*

### EVENT INFORMATION:

- **Tuesday, February 26, 2019,** 5:30 pm: Check-in & Seating, 6:00 pm: Dinner & Program
- **Radisson Hotel Roseville,** 2540 North Cleveland Ave, Roseville, MN 55113
- Free onsite parking is available
- Approved for 1.5 CEUs by the Minnesota Board of Social Work

**Registration closes February 19th at 5 pm.**

Contact Suleiman at [sadan@namimn.org](mailto:sadan@namimn.org) if you have any questions.

[Register here!](#)

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## Mental Health Day on the Hill Set for March 14th

We are almost a month into the Legislative Session, NAMI bills are starting to be introduced, and now it is time to begin planning for the Mental Health Legislative Network's Day on the Hill. This is the most important mental health advocacy event of the year and we are counting on hundreds of NAMI advocates to join us on March 14th!

The Day on the Hill begins at 9:30 near the capitol with a training. At this time you will get a refresher on the key issues for the 2019 session, some tips on how to effectively engage your legislator, and the chance to have any of your questions answered. After the training, our group will gather in the capitol rotunda for a rally! There will be inspiring speakers including legislators, people living with mental illnesses, and our executive director, Sue Abderholden. After the rally, you will have the opportunity to eat lunch and then meet with your legislator to discuss mental health issues. If you are planning on joining us, you should contact your legislator immediately and find a time to meet between 12 PM and 2 PM. Meeting with your legislator is a very impactful way for you to help build our mental health system.



**This is your chance to join hundreds of mental health advocates to make your voice heard at the capitol!**

NAMI members who live in the metro area will have to arrange for their own transportation, but people who live in Western Minnesota, the Moorhead area, Duluth, Rochester, and Winona will have a chartered bus that will take you to and from the capitol. Whether you are driving yourself or are planning on taking a bus, please register for the Day on the Hill on our [eventbrite page](#). Please contact Sam Smith at [ssmith@namimn.org](mailto:ssmith@namimn.org) if you have any questions or would like to learn more.

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## **New Parent Support Group in Wayzata starting February 12th**



Reminder that we have a great new parent support group starting on Tuesday, February 12th! Our parent support groups help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills. The support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training and are free to all community members.

The Wayzata group will begin meeting the **2nd and 4th Tuesdays of the month** from 6:30-8PM at the Lunds & Byerly's Community Room (1151 Wayzata Blvd E) starting on February 12th. For more information, contact Jim at 952-212-4893. For other support group listings, [click here](#).

**Events**

**Saturday,  
February 23, 2019  
9 a.m. to noon**

Dakota County  
Western Service Center  
14955 Galaxie Avenue  
Apple Valley

**Free Event!**

## **Fourth Annual South of the River Resource & Education Fair**

Learn more about local services and resources for children, teens and young adults who have physical, intellectual and learning disabilities, ADHD, Autism Spectrum Disorder, or mental health issues! Parents/Caregivers and their children who have concerns about their child's development, school progress, or mental health well being are encouraged to come to this free event!

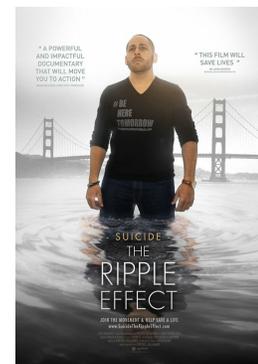
For questions, contact Andrea Grossman at 952-891-7328 or at [andrea.grossman@co.dakota.mn.us](mailto:andrea.grossman@co.dakota.mn.us)

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### **NAMI Dakota County Hosts "Ripple Effect" Screening**

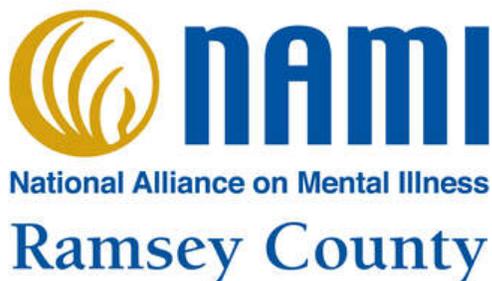
Join NAMI Dakota County on **February 12, 2019** at 7pm for a free screening of "[The Ripple Effect](#)" at Mary Mother of the Church in Burnsville (3333 Cliff Road). Hear Kevin Hines share his story of recovery and learn about suicide prevention.

For more information call 651-645-2948 ext. 118 or email [affiliates@namimn.org](mailto:affiliates@namimn.org).



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### **Get-Well-Soon card decorating with NAMI Ramsey County**



**February 11th**, 5-6pm, Maplewood Library Community Room, 3025 Southlawn Dr, Maplewood MN 55109

When someone experiences a mental illness, how can we show support? Join NAMI Ramsey County for a card decorating session. These cards, to be delivered to those receiving treatment for a mental illness at Regions Hospital, will include a get well message, a

comforting gift, and NAMI resources. For more information, contact Katy Jo Turner at [kjturner@namimn.org](mailto:kjturner@namimn.org)