



The Main Line affiliate of the  
National Alliance on Mental Illness  
*presents*  
MAIN LINE NAMI Workshop

# ***Learning to Deal with Guilt, Grief and Anger***

**Sunday, April 15, 2-4 p.m.**

**Ardmore Presbyterian Church\***

(also known as the First Presbyterian Church of Ardmore)

**5 West Montgomery Avenue**

(at Mill Creek Road; use rear entrance;  
unless you are physically handicapped, use free parking across  
Montgomery Avenue in the Suburban Square parking lot)

Workshop topics will include recognizing family grief when a loved one becomes mentally ill; learning to accept and move through guilt, grief and anger; and learning to accept your loved one with all the changes that mental illness may bring. This workshop will include presentations by facilitators, Bruce Fay and Sarah Freudberg, discussion, and a group exercise to help participants deal with their guilt, grief and/or anger. Bruce Fay and Sarah Freudberg are facilitators of NAMI's Family-to-Family Education Program and each has a loved one with mental illness.

For more information, please contact us at [info@NAMIpaMainLine.org](mailto:info@NAMIpaMainLine.org) or 267-251-6240.

NAMI PA, Main Line ([www.NAMIpaMainLine.org](http://www.NAMIpaMainLine.org)) is an affiliate of the **National Alliance on Mental Illness**.

\*This event is nondenominational and open to people of all beliefs.