



The Main Line affiliate of the
National Alliance on Mental Illness
presents

Interactive Workshop: Learning to Communicate with Your Mentally Ill Loved One

Sunday, April 28, 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)

This workshop will help you improve your ability to communicate effectively with a loved one who may be deeply depressed, highly anxious, psychotic, and/or dealing with other symptoms of mental illness. The workshop will include opportunities to work in small groups of workshop participants to practice skills that can contribute to better communication, as well as opportunities to share your experiences, including your difficulties and successes. The workshop will be co-facilitated by Sarah Freudberg (Family-to-Family facilitator) and Ingrid Waldron (affiliate President).

For more information, please contact us at info@NAMIpaMainLine.org or 267-251-6240.

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

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