

NAMI Delaware is offering

Hope for **Recovery**

Hope for Recovery is a one day education workshop that provides families and individuals with information, hope, and practical strategies for living with the complexities of mental illness. Come learn about mental illnesses, treatments, coping strategies, the mental health system, and local resources.



This workshop will take place on:
Saturday, October 20, 2018
Brandywine Valley Baptist Church

To register, contact Jenn Ford by email or telephone
jford@namide.org or (302) 427-0787 ext. 116