

NAMI Tri-Cities Support Group Meetings:

a. Family Support Group & Connection Support Group Meetings:

Wed, Feb 5th and Wed, Feb 19th

b. NAMI Tri-Cities Forum

Tuesday, Feb 11th

6:30 pm

Lourdes Conference Room



Join NAMI Washington members from across the state for our annual lobby day in Olympia and stay for a reception in the Governor's mansion! NAMI members and supporters are the most effective people to educate legislators

about mental illness and the need to change our current "mental illness" system to a "mental health" system. Our lobby day will include a morning breakfast, an issues update and an advocacy skills training. Afterwards, we will send you off to your legislative appointments at the Capitol Campus. Limited space available for an evening reception at the Governors Mansion! Register today!

Schedule for the day:

8:30 - 9:00 AM: **Arrival and continental breakfast**

9:00 - 10:30 AM: **Welcome, Legislative Issues Update, and Advocacy Skills Workshop**

10:45 - 4:00 PM: **Legislative Visits**

5:30 - 7:30 PM: **Reception at the governor's mansion! (Limited)**

The NAMI Washington state office will schedule the legislative appointments

**PLEASE REGISTER FOR THE EVENT BY
FOLLOWING THE LINK BELOW BY
FEBRUARY 9TH**

*"Alone we can do so little,
together we can do so much."
- Helen Keller*



~Register HERE for Lobby Day!~

Tri-Cities COMMUNITY EVENTS



Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes first aid is YOU!

Adult Mental Health First Aid

Take a course. Save a life. Strengthen your community.



Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis.

A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack.

Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Call (509) 943-8455 or go to www.kadlec.org/knrc to register for this training.



REGISTER NOW - (509) 943-8455
Adult Mental Health First Aid

See below for class dates

UPCOMING TRAININGS:

Thursday, February 20, 2020 | 8:00AM-4:30PM

Thursday, May 21, 2020 | 8:00AM-4:30PM

Thursday, September 24, 2020 | 8:00AM-4:30PM

Thursday, November 5, 2020 | 8:00AM-4:30PM



KADLEC HEALTHPLEX
1268 LEE BOULEVARD, RICHLAND, WA 99352
Lunch is included. | Space is limited.



For more information or to register, visit kadlec.org/knrc or call (509) 943-8455.

Brought to you by
Kadlec Community Health





Youth Mental Health First Aid

A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

**Sometimes, first aid isn't
a bandage,
or CPR,
or the Heimlich,
or calling 911.
Sometimes
first aid is
YOU!**



KADLEC | FOUNDATION

Mental Health First Aid is a valuable resource that can make a difference in the lives of the one in five Americans living with mental illnesses and addictions, including those experiencing suicidal thinking. This eight-hour training teaches people how to support someone who may be developing a mental illness or experiencing a crisis.

Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.



REGISTER NOW - call (509) 943-8455

UPCOMING TRAININGS:

Thurs., January 9, 2020 | 8:00-4:30

Thurs., April 16, 2020 | 8:00-4:30

Thurs., October 15, 2020 | 8:00-4:30

KADLEC HEALTHPLEX 1268 LEE BVD
RICHLAND, WA 99352
Lunch is included. | Space is limited.

For more information or to register, visit
kadlec.org/knrc or call (509) 943-8455.

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Kadlec Community Health