



**Mental Health
Initiatives**
Rotary Action Group
DISTRICT 7255 CHAPTER



**Central Suffolk
Long Island NY**

ROTARY DISTRICT 7255 & NAMI CENTRAL SUFFOLK ARE HOSTING A

FREE MENTAL HEALTH WORKSHOP

JOIN US FOR A PROVIDER EDUCATION WORKSHOP AND LEARN HOW TO SUPPORT SOMEONE STRUGGLING WITH A MENTAL HEALTH CONDITION

What You'll Experience:

- **FREE** 3-hour session offering insight & understanding for those navigating mental health challenges
- Short Lectures, Group Discussions & Exercises
- **Presented by a Trained Team:** Includes a person in recovery, a family member, and a mental health professional.
- **Collaboration Strategies:** Learn how families and providers can work together for better recovery outcomes.
- **Open to All-** You don't need to be a Rotarian to attend!
- **Enjoy Light Refreshments-** Snacks & beverages provided.
- **Only 40 spots available - REGISTER ASAP!**



**SUNDAY
FEB 16TH**

1:30-4:30 PM

FARMINGDALE PUBLIC LIBRARY

116 MERRITTS RD, FARMINGDALE, NY 11735

REGISTRATION REQUIRED or visit Rotary7255.org/events to register



Questions? Email Joy at Joyskokoro@gmail.com

PROVIDER EDUCATION

HOW TO SUPPORT SOMEONE STRUGGLING WITH A MENTAL HEALTH CONDITION

Provider Education is a 3-hour seminar which will help you gain a fresh understanding of, and empathy for people experiencing a mental health condition. You will see the person not only as an individual, but also how family members can have different views effecting the person's ability to move forward. The program also promotes the concept of collaboration among families and providers to achieve the best level of recovery possible.

It is . . .

- Available **FREE** of charge to participants
- A series of short lectures, group discussions and group exercises
- Presented by a **Trained Team** that includes a person with a mental health condition who is in recovery, a family member of someone with a mental health condition and a mental health professional who had a mental health condition or is a family member of a person with a mental health condition
- Informs you on the challenges faced by people with mental health conditions and their families
- Certificates are provided at the end

**For more information about Provider Education and our other
Free Education Classes, Support Groups and more:**

Ellen Ritz RN, Health Educator

President, NAMI CSLINY

info@namicsliny.org

www.namicsliny.org

NAMI CSLINY 446 Willis Ave #177, Williston Park, NY 11596

About NAMI

NAMI Central Suffolk Long Island NY, a 501(c)3 organization, is a local affiliate of NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.