

Progression

FREE CLASS FOR
TEENS

What is good mental health and how can I keep it?

Progression offers a safe space where you can talk about what you're going through with others who understand. You will be able to learn from peers who have been through some of the same things you are going through now.

If you have wondered....

- What is good mental health and how can I keep it?
- How do I know if I need help?
- How can I help friends, parents and siblings understand what I'm going through?
- What are medications for? What about side effects?
- What can I do to feel better?



Progression can help!

Thursdays Sept 18-Oct 23
6:30-8:30 PM
Fuller Park Rec Room
4800 Grand Ave S
Minneapolis

Tuesdays Oct 7-Nov 14
6:30-8:30 PM
Hosanna! Church
9600 163rd Street
Lakeville

Thursdays Oct 2-Nov 6
6:30-8:30 PM
Gloria Dei Lutheran Church
600 S Snelling Ave
St. Paul



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St. Paul, MN 55114

Phone: 1-
651-645-2948

Toll Free: 1-888-626-4435

www.namihelps.org

www.namihelpsyoung.org

For registration or information, contact 651-645-2948, alee@namimn.org or go to namihelps.org/classes or go to

<https://progressionminneapolis.eventbrite.com>

<https://progressionlakeville.eventbrite.com>

<https://progressionstpaul.eventbrite.com>

The National Alliance on Mental Illness (NAMI) of Minnesota is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy. Funding was made possible in part through a grant from the Sundance Family Foundation and Elizabeth C. Quinlan Foundation.