



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

***Supporting Your Loved One  
on the Road to Mental Health Recovery  
...What Helps, What Hurts...***

**Sunday, November 10  
2:00 p.m. – 4:00 p.m.**

**Ardmore Presbyterian Church  
5 West Montgomery Avenue**

*the event is non-denominational and open to the public*

(Ardmore Presbyterian is also known as the First Presbyterian Church of Ardmore at Mill Creek Road;  
Handicapped parking is available on-site off of Mill Creek Road,  
free parking for others on Montgomery Avenue in the Suburban Square parking lot.  
Please enter through the rear door of the church.)

This interactive workshop will be facilitated by 3 NAMI Board Members: a clinician, a person living with mental illness, and a parent caregiver. These facilitators will share perspectives and insights from their professional experience and the support groups that they facilitate. Through interactive exercises, participants will help each other improve behavior, boundaries and communications skills with a loved one who may be deeply depressed, highly anxious, psychotic, and/or dealing with other symptoms of mental illness.

For more information, please contact us at [info@NAMIMainLinePA.org](mailto:info@NAMIMainLinePA.org) or 267-251-6240.

NAMI Main Line PA ([www.NAMIMainLinePA.org](http://www.NAMIMainLinePA.org)) is an affiliate of the **National Alliance on Mental Illness**.

We are grateful to Ardmore Presbyterian Church for their donation of their space for this event.