



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

Virtual Interactive Workshop: Balancing Compassionate Kindness with Limit Setting

Sunday, November 15, 2-4 p.m.

Register for Zoom Meeting

<https://tinyurl.com/CompassionateKindnessNov2020>

(When you register, you will receive an email message with the information you will use to join the Zoom meeting, using your computer or phone. We will open the meeting at 1:30 p.m., so you can join us before we begin the presentation promptly at 2 p.m.)

This workshop will address a common difficulty when you have a loved one with mental illness – when to emphasize kindness and when to emphasize limit setting and how best to combine these approaches to help your loved one and to care for your own well-being. The workshop will include opportunities to work in small groups to develop your ability to use both compassionate kindness and limit setting. The workshop will be co-facilitated by Sarah Freudberg (Family-to-Family facilitator) and Ingrid Waldron (affiliate President).

For more information, please contact us at info@NAMIMainLinePA.org or 267-251-6240.

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