



Main Line PA

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

Main Line NAMI Workshop:
***Guilt & Toxic Guilt: Understanding and
Moving Beyond These Powerful Emotions***

Sunday, November 5, 2-4 p.m.

Register for Zoom Meeting

<https://tinyurl.com/GuiltWorkshop>

(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.)

The painful emotion of guilt frequently haunts family members of people with mental illness for a whole host of reasons. In this live, non-recorded on-line workshop, you will learn what the experts say about guilt, its various sub-types and related emotions, and common triggers for guilt experienced by family members. Strategies for determining to what extent guilt is truly justified will be presented. Participants will also learn ways to respond effectively if they decide that guilt is justified, including effective apologies, amends letters, and self-compassion/boundary setting. This workshop will include slides, resources and an opportunity for participants to join facilitator-led small group discussions. Our presenter will be Edie Mannion, LMFT, from the DBT Center of Greater Philadelphia.

For more information about this free program, please contact us at nami.main.line.pa@gmail.com.
NAMI Main Line PA (www.NAMIMainLinePA.org) is an affiliate of the **National Alliance on Mental Illness**.