

Family & Caregiver Supports Webinar Series

NAMI- NC: Supporting Families During COVID-19 & Beyond

Date: Tuesday, August 18, 2020

Time: 11:30 am to 12:30 pm

During times of stress, we can feel an increase in anxiety and depression. This is especially true during the COVID-19 pandemic. This online event will provide an overview of virtual programming currently being offered, the "Thursdays with NAMI" live program, and the warm Helpline. Time is included for a Q&A.

Contact [Kate Barrow](#) for more information and accommodation requests.

Register to join!

<https://tinyurl.com/SupportingFamilieswNAMI-0818>



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