

@home



NAMI Massachusetts
National Alliance on Mental Illness

**Safety
@home**

**Whole
Health
@home**

**Support
@home**

**May 14th
10:00am**

Online support your way

2nd and 4th Thursdays 10:00 – 11:30

[*Register now](#)

- **Need to talk**

- Uncertainty
- Isolation
- Working at home
- Caring for loved-ones
- Frustration

- **Agenda May 14th**

- 10:00 Check in
- 10:10 Information Session
- BREATHE
(portable mindfulness)
- 10:25 Questions and Answers
- 10:35 Support Group
- 11:20 Closing

- **Time to share**

- Coping Skills
- Fun Activities
- How you can help
- Staying in touch
- Battling Boredom

May 14th 2020

B.R.E.A.T.H.E.

Portable Mindfulness

- ➡ **Practical Information Sessions***
- ➡ **Questions and Answers**
- ➡ **Open Support Group**

*Unable to open link? Paste <https://www.eventbrite.com/e/nami-home-support-for-everyone-tickets-102569470046> into your browser.