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Inserts:

- 1 Event calendar
- 2 Mental Health Month calendar

Stop by the office to pick up a "Do 1 Thing" calendar. It contains monthly ideas of small things you can do to be ready in the case of a big emergency.



May is Mental Health Month!

How do you take care of your mental health? The enclosed calendar features special events to maintain mental health in May and beyond!

More Matching in May

A generous donor has offered to match any contributions made during the month of May, up to \$5,000! That means your donation will be doubled! And that means we can double our impact, reaching even more people with education and support programs to improve mental health. More impact results in more "AHA! Experiences" like this from a Peer-to-Peer Education participant:

Your AHA! Experience: Participants in our NAMI education courses often experience an AHA! moment in class. AHA! moments are when something from the course finally clicked for you. We would love to hear when the light bulb went on...so to speak.

More people are in the same boat.

You can create more "AHA! Experiences" by donating today!

Summer Fun²

Also known as...special events that are **fun** and raise **funds** to support NAMI

Whistle Binkies

13th Anniversary and Jamie Engle Charity Event for Suicide Prevention & Awareness

Golf Tournament: Thursday, June 11; 9:00am registration, 10:30am start; *Oak Summit Golf Course*

Anniversary Event: Saturday, June 13; 1:00-9:00pm;

Whistle Binkies Olde World Pub, 3120 Wellner Dr NE

NAMI SE MN is honored to again be chosen to receive proceeds from Whistle Binkies' annual event. In 2014, the event raised \$31,500, and we plan to increase that amount in 2015! With these funds, NAMI SE MN was able to reach approximately 600 teens and adults in schools, support groups, classes and workshops.



Into the Light Ride for Suicide Prevention & Mental Illness Awareness

Saturday, July 11, Registration 9:00am, Ride 10:00am

Rochester Harley Davidson, 7180 US-14

The inaugural **Into the Light Ride for Suicide Prevention & Mental Illness Awareness** is this July. Enjoy a beautiful ride while supporting this important cause. The ride culminates with a meal and program for riders at the rally point: Harbor Bar in Hager City, WI (located across the Mississippi from Red Wing). Stay tuned to www.namismn.org for details!

Contact Us!

1700 Broadway Ave N
Suite 104
Rochester MN 55906
(507) 287-1692
www.namismn.org

Office Hours:
Monday – Thursday
8:00 am to 4:00 pm
Enter Door B

After Hours Programs
Enter Door E



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Thank You, Otto Bremer Foundation, T 'N G Plumbing

Our community had a remarkable response to the **Otto Bremer Foundation's March Millions for SE MN campaign**, reaching the million dollar match in 3.5 days! We are so grateful to Otto Bremer Foundation for this opportunity and for the infusion of resources into the region. NAMI SE MN raised \$3,665 through March Millions, receiving nearly 50 donations. Thank you for your support!

T 'N G Plumbing organized **Pay it Forward 2015** to help a family in need of a bathroom remodel, but the family received so much more. Not only did they receive a remodeled bathroom, but also new plumbing, furnace, water softener and donations made in memory of their children lost to suicide.

NAMI SE MN received \$500 to go towards suicide prevention. The Parenting Resource Center in Austin, MN also received \$500.

Thank you to T 'N G Plumbing and everyone involved with Pay it Forward 2015 (pictured right).



NAMI At Your Service

NAMI SE MN applied and was one of five agencies chosen to participate in the Service Enterprise Initiative SE MN cohort. The process includes 4 trainings, consultation and certification.

A Service Enterprise is an organization that leverages volunteers and their skills to successfully deliver on its social mission. It is based on research about the 10 best practices of volunteer management (see graphic, lower left). An agency must meet all 10 best practices to be considered a Service Enterprise. Currently, there are only ≈200 Service Enterprises in the country, so this opportunity is a tremendous honor.

Volunteers are vital to fulfill our mission; therefore, we are working to offer the best volunteer program possible.

Get Your NAMI SE MN Gear!



Have you ever wanted a shirt or another clothing item with NAMI's logo on it? Here is your chance!

Drop your item and \$10 off at the NAMI SE MN office and we will have the NAMI SE MN logo embroidered on it.



NAMI Personnel

Courtney Lawson
Executive Director
clawson@namisemn.org

Diana Evans
Office Manager
devans@namisemn.org

Kris Barry
Walk Coordinator
kbarry@namisemn.org

Carrie L. Clark
Warmline Coordinator
cclark@namisemn.org

Andrea Thomas
Suicide Prevention
Coordinator
athomas@namisemn.org

Roger Nolte
Technical Support
Accountant
rnolte@namisemn.org

Read the Newsletter
online!

Help reduce! Sign up to
receive your newsletter via
email.

Email Diana at
devans@namisemn.org
if you are interested in
receiving the newsletter
via email.

Volunteer Opportunities

Connection Support Group Facilitator: Co-facilitate a weekly support group for people with mental illness.

Family Support Group Facilitator: Co-facilitate support group for family members who have a loved one with mental illness.

Family-to-Family Teacher: Co-teach the 12 week education course for family members.

Warmline: Answer a non-crisis peer support line for people living with a mental illness to provide a listening ear and support to callers.

Mental Health Professional Trainer: Present or train on various mental health topics.

Interested in any of these opportunities? Contact Diana at 287-1692 or devans@namisemn.org



Walk Update:

NAMIWalks is on the move! We are continuing to take significant steps on the path to NAMIWalks 2015. The official Walk Day is **September 26th, 2015**; however, there are many ways to become involved before we celebrate hope and recovery on Walk Day.

Ways in which you can become involved:

Join an Action Group!

Social Media/Publicity: This action group is in charge of raising awareness in the community. Not only will your work generate additional walkers, it will continue to reduce stigma and reduce the number of people in Southeast Minnesota who hold on to stereotypes and misinformation about mental illness.

Party Planners: This action group knows how to throw a great party! You always find excellent food at low prices (in this case, free!) You have lots of ideas for décor that is creative and welcoming. You want everything to look and feel “just right”—balloons here, a centerpiece there, a variety of delicious food—as we celebrate hope and recovery.

Connecters/ Recruiters: This action group is highly connected and engaged. You are the person whose friends tell them, “You know *everyone!*” It’s likely you have already started compiling a list of people you can ask to join your team or make a donation. You are super excited about the Walk and you want to talk about it, get others to walk, find team captains and help everyone raise a lot of money.

Start a Team or register to walk! Our website is now open and you can register on-line. Becoming a Team Captain is a wonderful way to gather friends, family and colleagues to join together in fighting stigma while having a great time promoting hope and recovery.

Help spread the word! The more people that know about NAMI, our services, resources education and our WALK, the better! Help get the word out!

Please contact Kris Barry at (507) 287-1692 or kbarry@namisemn.org to volunteer or to learn more about ways to get involved.

Legislative Update (Including excerpts from NAMI Minnesota)

Connection Recovery Support Group:

Every Wednesday
7:00 – 8:30 pm
NAMI SE Minnesota
1700 Broadway Ave N
Door E

Every Thursday
5:30 – 7:00 pm
Mayo Clinic Baldwin
Building Room 1-507

Family to Family Support Group:

1st and 3rd Mondays
6:00 – 7:30 pm
Mayo Clinic – Generoso
Room 3-108
Free Parking Validation

2nd and 4th Wednesdays
7:00 – 8:30 pm
NAMI SE Minnesota
1700 Broadway Ave N
Conference Room
Door E

Call our office for more
information:
(507) 287-1692



On March 12, a bus load of southeast Minnesotans headed to the state Capitol for **Mental Health Day on the Hill**. The morning began with an update of proposed bills being discussed by lawmakers this session. Attendees met with their legislators in the afternoon, handing out plastic construction hats with the theme, “We Know What Works: Let’s Build on It,” encouraging investment in proven programs to help people living with mental illness and their families.



Diana Evans, Tammy Rider and Courtney Lawson visit Senator Dave Senjem (R-Rochester)

On April 16, the House Health & Human Services Finance Committee released its 354-page budget bill with funding proposals for the biennium (2 years). The bill includes many of NAMI Minnesota’s recommendations and funding requests, and we are pleased the house committee recognizes the importance of funding mental health.

However, we are concerned about the elimination of MinnesotaCare. MinnesotaCare has the same mental health benefits as Medical Assistance, which means people are able to access more intensive services even though they are working.

Additionally, while it’s easy to rally behind cuts to bureaucracies, the fact is that the mental health division at DHS has very limited staff. Staff have retired and not been replaced. Due to low staffing levels, some of the reforms that were passed in 2013 have not yet been implemented.

NAMI members must be vocal in the weeks ahead so the overall spending target, and specifically the health and human services spending target, is high when the bills go to conference committee. Without that, we lose MinnesotaCare, increased investments in our mental health system, or both.

Mapping our Future: Engage in Community Planning

There are several large-scale community plans currently in the development or implementation phase and many opportunities to share your input. Here are overviews of the initiatives:

Community Health Improvement Plan (CHIP): In 2013, Mayo Clinic, Olmsted Medical Center and Olmsted County Public Health conducted a Community Health Needs Assessment. This assessment identified mental health as the second highest priority need for our community to address, trailing only obesity. Vaccine preventable diseases, diabetes and financial stress / homelessness round out the top five. CHIP is the plan to address these needs.

Contact: Olmsted County Health Assessment & Planning Division, (507) 328-7564

Destination Medical Center (DMC) is an economic development initiative to secure Minnesota’s status as a global medical destination now and into the future. This plan has been established to meet five core objectives: sustain, grow, leverage, create and provide.

Contact: www.dmc.mn

Journey to Growth (J2G) is a comprehensive, five-year strategy coordinated by Rochester Area Economic Development, Inc. (RAEDI) and the Rochester Area Chamber of Commerce to effectively grow and diversify the economy of the Rochester metropolitan area, comprising Dodge, Olmsted, Wabasha, Mower, Houston, Fillmore and Winona counties.

Contact: RAEDI, (507) 288-0208

Planning 2 Succeed (P2S) is a long-range plan to position the City of Rochester to address its long-term needs. One easy way to participate is to identify your priorities and how you would invest finite resources using an online tool at <http://planning2succeed.crowdgauge.org>

Contact: Rochester Olmsted Planning Department, (507) 328-7100

Zen of Bipolar: The Redemption of Mental Illness

By Scott Ladwig

There are three easy ways to donate to NAMI Southeast Minnesota!

1. Visit our website at: www.namismn.org and click on the donate button.
2. You may call our office at (507) 287-1692 and donate using a credit card over the phone.
3. You may mail a check to our office:
1700 Broadway Ave N, Ste 104
Rochester, MN 55906

Please call our office to learn more about becoming a member!

Southeast MN Warmline

A peer-supported, non-crisis phone line for people with mental illness.

Hours of Operation:
Thursday – Sunday
4:00 – 8:00 pm

(507) 287-7161

Toll free
1-888-334-7754



I have spoken in a lot of my writings on the Zen of Bipolar, the Horror, Recovery, and Redemption of Mental Illness and perhaps the most daunting question is, what is the redemption? I have given many answers over the years, but perhaps only recently came to understand that phrase. There is a line in the Smashing Pumpkins song, *Bullet with Butterfly Wings*, which says “and I still believe that I cannot be saved.” That is very telling in my life. I have done so many horrible things while very ill, said and did things are morally reprehensible. But once treated, once left to understand the gravity of my sins, they weigh on my soul in a way that I never thought could be healed. I would always tell people, I can forgive anyone but myself.

There is an odd freedom in believing you cannot be saved, that you can never be forgiven. No work must be done, no sin atoned for, because when you are damned, there is no more to be done. But what happens when pardon is given? Or worse, pardon accepted? I now know what the redemption of Mental Illness is; it is not forgetting past indiscretions. It is moving forward with knowledge of the past and hope for the future. My penance is one of love, one of caring, one of fighting for those who came after me, who suffer like I did. I cannot ask forgiveness from those I hurt. I just move forward helping those hurting now. I will not forget, but I have forgiven myself.

And now the heavy lifting. Once redeemed I must work, hard, to keep that acceptance, to earn the life I expound for those living with Mental Illness (because forgiveness is not a once off exoneration but an ongoing commitment of redemption.) It is easier to live shackled by the sins of the past, but it is amazing to live fulfilling the promise of in some small way being worthy. But perhaps the most profound thing is knowing I will again make mistakes, but they will not cripple me; they will not define me, they too will be markers of my humanity and the ultimate signs of the redemption of Mental Illness.

Congratulations, Brad Lohrbach!

On behalf of the entire NAMI SE MN community, congratulations to Mr. Brad Lohrbach, Executive Director of Family Service Rochester (FSR), who is retiring May 31. FSR and NAMI SE MN have been a strong community partners for many years. Matter of fact, the two agencies share grant funding from the United Way of Olmsted County for the collective “Families Matter” program and are currently discussing piloting another initiative.

Enjoy your retirement, Brad! Readers, stay tuned for a profile on FSR in the next NAMI News.



Brad Lohrbach

Upcoming Training

Be a Friend. Ask. Listen. Help. Suicide Prevention Presenter Training: NAMI SE MN’s Be a Friend program educates local high school students about mental illness and suicide prevention. Volunteers also share personal stories related to topic areas. Presenters deliver the educational component of the program and share topic-related personal stories. Presenters must have daytime availability. To apply, email Suicide Prevention Coordinator Andrea Thomas at athomas@namismn.org

Peer-to-Peer Recovery Education Mentor Training: NAMI Peer-to-Peer Education is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Mentors must live with mental illness, complete the 3-day training and commit to teaching at least one Peer-to-Peer course. Contact the office at (507) 287-1692 for information or to apply.



By joining your local affiliate of the National Alliance on Mental Illness you will automatically receive information from the state and national offices.

\$35 Annual Individual Membership
(open door membership of \$3.00)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE _____

\$ _____ MEMBERSHIP

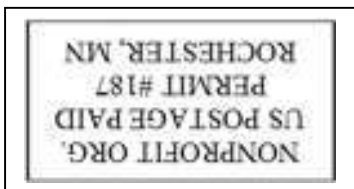
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\$ _____ TOTAL (tax deductible donation)

_____ Check here if you prefer to receive the NAMI SEMN Newsletter on-line.

(Email will be used to send program information and announcements. Your contact information will not be shared.)
Please return this with your payment to the NAMI SE MN office or join online @ www.namisemn.org
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**Southeast
Minnesota**



NAMI News

Community Calendar

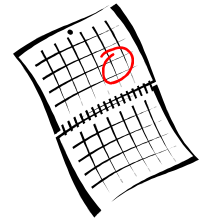
NAMI Calendar of Events

May 4	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
May 6	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 6	Painting Fundraiser: <i>Dragonflies</i> , 6:30pm, Canvas and Chardonnay, Registration required online, \$35
May 7	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
May 11	Mental Health Research Presentation, 7:00-8:00pm, Rochester Public Library Auditorium
May 13	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 13	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 14	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
May 18	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
May 20	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 21	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
May 27	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 27	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
May 28	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
June 01	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
June 03	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 04	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
June 10	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 10	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 11	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
June 11	Whistle Binkies Anniversary and Jamie Engle Memorial Golf Outing, 9:00am, Oak Summit Golf Course
June 13	Whistle Binkies Anniversary and Jamie Engle Memorial Event, 1:00-9:00pm, Whistle Binkies North
June 15	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
June 17	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 18	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
June 24	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 24	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
June 25	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
July 01	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
July 02	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
July 06	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
July 08	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
July 08	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
July 09	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
July 11	Into the Light Ride for Suicide Prevention & Mental Illness Awareness, 9:00am, Roch Harley-Davidson
July 15	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
July 16	Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
July 20	Family Support Group 6:00pm to 7:30pm, St. Mary's Hospital, Generose Building, Room 3-108
July 22	Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
July 22	Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)

All additions in the Community Calendar section of our newsletter are provided by supporters of NAMI Southeast Minnesota. By providing these resources to our community NAMI SE MN is not promoting any services or programs by specific providers or agencies. It is our vision that we can provide our community with the most up to date information on where to receive services.

NAMI News Community Calendar

Events



May is Mental Health Month ♦ See insert

Canvas and Chardonnay ♦ May 6th ♦ 6:30-9 p.m. ♦ \$35

Mental Health Research Presentation ♦ May 11th ♦ 7-8 p.m. ♦ Rochester Public Library

Whistle Binkies Anniversary and Benefit ♦ June 13th ♦ 1-9 p.m. ♦ Whistle Binkies Olde World Pub

Into the Light Ride ♦ July 11th ♦ 9 a.m. Registration and 10 a.m. Ride ♦ Rochester Harley Davidson

NAMIWalks Kick-off Party ♦ July 28th ♦ 4-6 p.m. ♦ NAMI SE MN Patio

Terra Loco 5K Runs ♦ September 1st and 8th ♦ 6 p.m ♦ Terra Loco

NAMIWalks ♦ September 26th

Annual Meeting ♦ December 7th

Save
The
Dates!

We are now accepting nominations for our annual NAMI SE MN awards!

Categories:

*Employer of the Year

*Faith Community of the Year

*Professional of the Year

*Provider/Agency of the Year

*NAMI SE MN Office Volunteer of the Year

*Criminal Justice Award

*CIT Officer of the Year

*Media of the Year

*Volunteer(s) of the Year

Descriptions of these categories and the nominating form can be found under the "About" section of our website at www.namisemn.org or in our next newsletter.

Nominations are due in the NAMI SE MN office by August 28, 2015

Programs

Community Presentations ♦ 3rd Thursday of every month ♦ 3-4 p.m. ♦ Zumbro Valley Health Center, Maple Room, 343 Wood Lake Drive SE, Rochester

-Free, no registration required.

Check out our website for all the latest dates!

All additions in the Community Calendar section of our newsletter are provided by supporters of NAMI Southeast Minnesota. By providing these resources to our community NAMI SE MN is not promoting any services or programs by specific providers or agencies. It is our vision that we can provide our community with the most up to date information on where to receive services.

May 2015 Mental Health Month

Locations:

American Legion:	315 1st Ave. NW Rochester, MN 55901
Calvary Evangelical Free Church:	5500 25th Ave NW Rochester, MN 55901
Canvas and Chardonnay:	317 South Broadway Rochester, MN 55904
Elder Network (Rochester):	1130 1/2 7th Street NW Suite 205 Rochester, MN 55901
Evangelical United Methodist Church:	2645 North Broadway Room 221 Rochester, MN 55906
Family Service Rochester:	1110 6th St. NW Rochester, MN 55901
Mayo Baldwin Building:	221 4th Ave SW Room 1-507 Rochester, MN 55905
Mayo Generose Building:	1216 2nd Street SW Room 3-108 Rochester, MN 55902
NAMI Southeast Minnesota:	1700 North Broadway Suite 104 Enter through door E Rochester, MN 55906
Rochester Public Library:	101 2nd St SE Rochester, MN 55904
Warmline:	Hours of Operation 4:00-8:00 p.m. Phone Number: 507-287-7161
Zumbro Valley Health Center:	343 Wood Lake Drive SE Rochester, MN 55904

Upcoming Events

- September 26th—9:30a.m.—New Leash on Life Walk—507-289-2089
- September 26th—1:00p.m.—NAMI Walk—507-287-1692
- Multiple Start Dates—Powerful Tools for Caregivers Class—507-285-5272
- Multiple Start Dates—Living Well with Chronic Conditions—507-285-5272
- Multiple Start Dates—Living Well With Chronic Condition Workshop—507-285-5272

Partnering Agencies

Catholic Charities, Elder Network, Family Service Rochester, Olmsted County Community Services, Olmsted County Public Health, NAMI Southeast Minnesota, RCTC, Zumbro Valley Health Center

**For more information, please visit:
www.namismn.org**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Warmline 4-8 p.m.</i>	2 <i>Warmline 4-8 p.m.</i>
3 <i>Warmline 4-8 p.m.</i>	4 Family Support Group Mayo Generose Building 6:00-7:30p.m.	5 Introduction to Mindfulness: Overview Family Service Rochester Noon-1 p.m. Caregiver Support Group , Elder Network, 1:30-2:30 p.m.	6 Connection Support Group NAMI SE MN 7:00-8:30 p.m. Canvas and Chardonnay 6:30-9 p.m. \$35, Register at canvasandchardonnay.com	7 Movie Zumbro Valley, 3-4:30 p.m. Connection Support Group Mayo Baldwin Building, 5:30-7:00 p.m. <i>Warmline 4-8 p.m.</i>	8 <i>Warmline 4-8 p.m.</i>	9 <i>Warmline 4-8 p.m.</i>
10 Journey of Hope Calvary Evangelical Free Church 6:00-7:30 p.m.	11 Intro to Mindfulness: Breathing , Family Service Rochester, Noon-1 p.m. Chronic Conditions Support Group Elder Network, 2-3 p.m. Mental Health Research Presentation , Rochester Public Library, 7-8 p.m.	12	13 Connection & Family Support Group NAMI SE MN 7:00-8:30 p.m.	14 Social Time (Games, etc.) Zumbro Valley, 3-4:30 p.m. Connection Support Group Mayo Baldwin Building, 5:30-7:00 p.m. <i>Warmline 4-8 p.m.</i>	15 <i>Warmline 4-8 p.m.</i>	16 <i>Warmline 4-8 p.m.</i>
17 <i>Warmline 4-8 p.m.</i>	18 Family Support Group Mayo Generose Building 6:00-7:30 p.m.	19 Intro to Mindfulness: Meditation , Family Service Rochester Noon-1 p.m.	20 Caregiver Support Group Elder Network, Rochester 10:00-11:00 a.m. Connection Support Group NAMI SE MN 7:00-8:30 p.m.	21 Presentation Zumbro Valley, 3:00-4:00 p.m. Connection Support Group Mayo Baldwin Building, 5:30-7:00 p.m. Survivors of Suicide Support Group Evangelical United Methodist Church 7:00p.m.-8:30 p.m. <i>Warmline 4-8 p.m.</i>	22 <i>Warmline 4-8 p.m.</i>	23 <i>Warmline 4-8 p.m.</i>
24 Journey of Hope Calvary Evangelical Free Church 6:00-7:30 p.m. <i>Warmline 4-8 p.m.</i>	25	26 Intro to Mindfulness: Ayurveda Family Service Rochester Noon-1 p.m.	27 Connection & Family Support Group NAMI SE MN 7:00-8:30 p.m.	28 Passing on Wisdom to Younger Generations , Elder Network, 1-2 p.m. Yarn Therapy: Learn to Crochet Zumbro Valley, 3-4:30 p.m. Connection Support Group Mayo Baldwin Building, 5:30-7:00 p.m. PTSD Support Group American Legion, 6:30-8:30 p.m. <i>Warmline 4-8 p.m.</i>	29 <i>Warmline 4-8 p.m.</i>	30 <i>Warmline 4-8 p.m.</i>
31 <i>Warmline 4-8 p.m.</i>						