

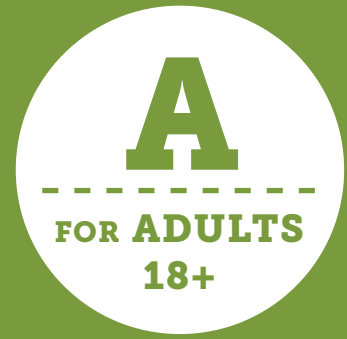
FREE  
**NAMI MINNESOTA  
MINDFUL CREATIONS  
SUPPORT GROUP**



**GAMMELGÅRDEN  
MUSEUM OF SCANDIA**

Mindful Creations is a free, peer-led support group for any adult (18+) who is living with a mental illness. This group focuses on strengthening positive coping skills and fostering mental wellbeing through self-expression and art. Each meeting will focus on one skill for strengthening mental wellbeing through education, creative expression, and group discussion. Individuals will gain insight from the challenges and successes of others facing similar experiences through group discussions in a safe and confidential environment.

If you have any questions, please contact Kirsten Weiss, Peer Program Coordinator, at [sgc@namimn.org](mailto:sgc@namimn.org)



**MEETS  
3RD WEDNESDAYS  
(BEGINS FEB 19TH)  
10:15 am - 12:15 pm**

**GAMMELGÅRDEN  
MUSEUM OF SCANDIA**  
20880 Olinda Trail N  
Scandia, MN

To register, email your first  
and last name to  
[sgc@namimn.org](mailto:sgc@namimn.org)



[namimn.org](http://namimn.org)  
[namihelps@namimn.org](mailto:namihelps@namimn.org)  
**651-645-2948**