

There is hope and understanding.
Change the way the world sees mental health.

NAMI LUZERNE-WYOMING COUNTIES PA

NEWSLETTER

COVID-19 Information and Resources

During the spring of 2020, the world experienced a global pandemic of the coronavirus (COVID-19). This impacted society in a multitude of ways, especially regarding individual's mental health. NAMI has provided resources and information to aid the public in receiving mental health resources during the COVID-19 crisis.

NAMI Webinars

Want to find a way to receive mental health information from the comfort of your own home? Our webinars are for you then! We wanted to be able to provide information and resources to members of our community through the COVID-19 crisis. Therefore, we decided to present our community with zoom webinars with various guest presenters and topics!

Previous Topics:

- Stress Less
- Theory of Multiple Intelligence
- Special Education Rights during COVID-19
- Parenting and Mental Health
- Substance Use



* Stretch & Restore *

Mindfulness gives us time in our lives when we can suspend judgment & be in the present moment. The classes will focus on letting go of past hurt and focus on the relaxation of the mind & body.

5 session series;
Tuesdays: August 11th, 18th, 25th,
September 1st & 8th.
6:00pm @ Francis Slcoum State
Park



PA Support & Referral Hotline

1-855-284-2494



NEED HELP?



Food
Banks



Emergency
Housing



Utility
Assistance



Drug & Alcohol
Detox Treatment



Crisis
Intervention

DIAL 2-1-1

GET CONNECTED. GET ANSWERS.

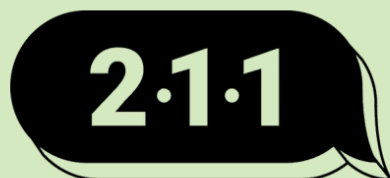
OR TEXT YOUR ZIP CODE TO 898211

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Pennsylvania



Introducing our new, socially distant location for our



In order to support the mental health community's needs during this time of crisis, NAMI Luzerne-Wyoming Counties PA will be hosting our support meetings at a new location.

Masks, distanced chairs and other important measures have been taken to ensure everyone's safety. Attendance will be limited to 20 people. Please RSVP to confirm attendance.

Questions???

Contact Leo at 570-417-3299

Starting August 3rd Meetings will be moved to

Wednesday evenings @ 5:00pm

543 North Main Street Wilkes-Barre, PA 18702

parking is available



NAMI

National Alliance on Mental Illness

**Luzerne-Wyoming
Counties PA**